

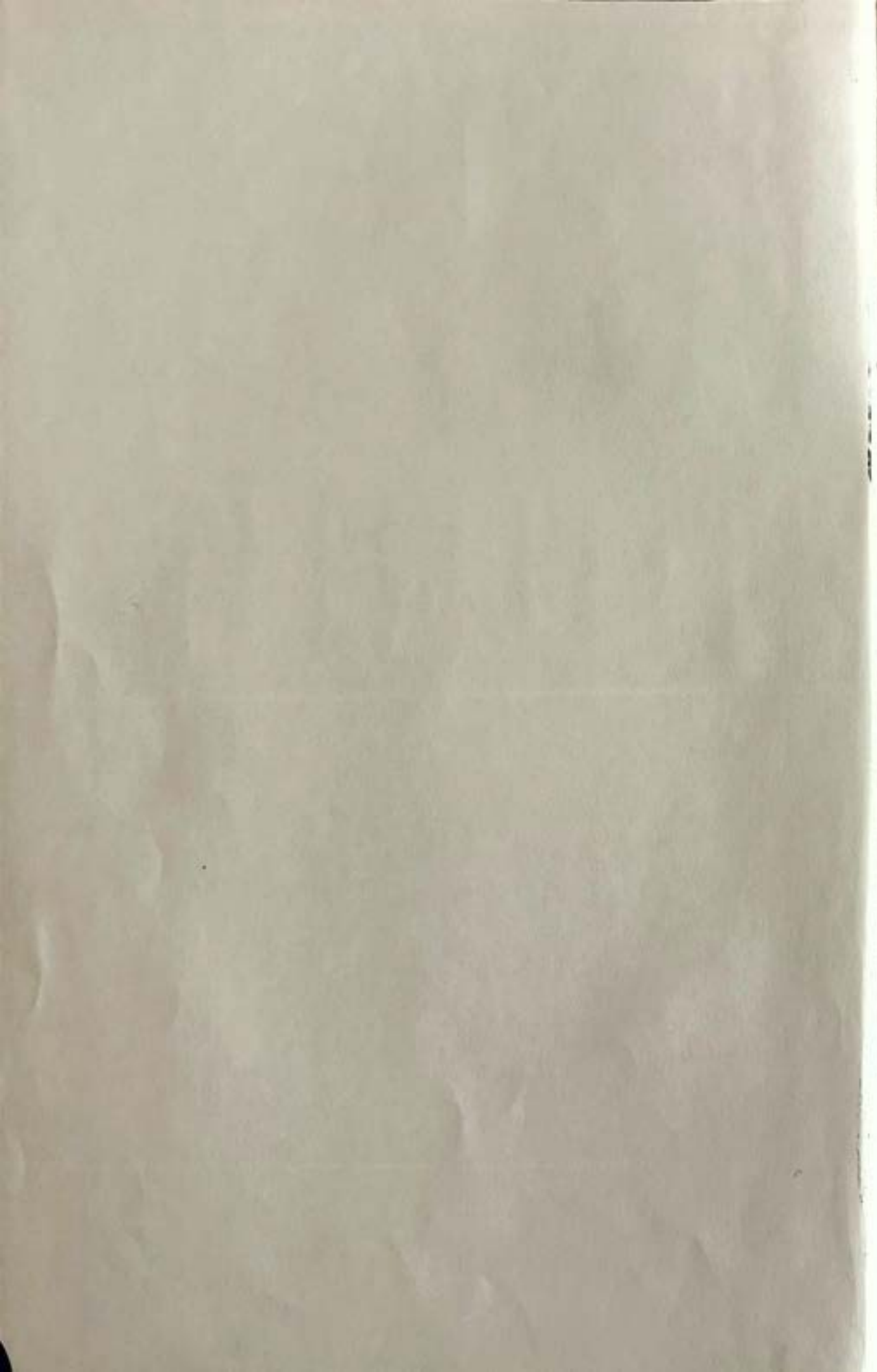
1990



MOTHER JOHNSON R.S.C.J.









THE SACRED HEART SCHOOL OF MONTREAL

For over 125 years The Sacred Heart School has been part of the rich and colorful tapestry of Montreal life. This year we, the class of 1990, have chosen 'Montreal' as our yearbook theme. We are proud of our city, and grateful for its gifts. It, too, has helped to shape and educate us.



ADMINISTRATION

Dear Mother Johnson,

Five years of dog biscuits, prize practices, Wayne Gretzky mania and corny jokes. As naive Secondary I's, we remember first hearing your never to be forgotten words "a Sacred Heart education will stay with you for the rest of your life". Now, as mature young women, we have come to understand the significance of your philosophy. You have taught us the meaning of what it is to be "rooted and growing in love".

The 125th Anniversary vine that covered these school walls symbolized the lasting bond which strengthens the Sacred Heart family. Each year, a group of girls leaves this great building but never the family. As the graduates of 1990, we are leaving a part of ourselves and are joining the evergrowing vine.

Love, The Class of '90



M. Johnson, R.S.C.J., Headmistress

Mrs. Julie Schnitzer



Miss Eileen McGurk



Mrs. Kathleen McNally





FACULTY

*You will teach me, first, my students,
The character of my indifference,
And the dark confusion of being young;
I will teach you, then, my students,
The hope that lies beneath the surface,
A love inherent in the nature of things.
Follow the course of it to the end of knowing;
Gather the thread of it line by line.*

Michael True





Clockwise from Lower Left: M. Shaw, J. Mastro, R. Flynn, J. Brues, K. Cardone, G. Kirkwood, I. Arsensault, M. Brown, A. Sabourin, J. Filipovich, P. Potter.



Clockwise from Lower Left: J. Wilson, M. Barnett, B. Jackson, E. Vogt, J. Thomas, F. Simon, M. Gendron, J. Klugerman, R. Martel, E. Mastropasqua, L. Cochrane, A. de Mello

Clockwise from Upper Left: C. Habachi, L. Anderson, D. Villa, M. Lahaye, R. Vauphsas, D. Cummings, S. Kular, P. Kousik, I. Latimer, N. de Palma, J. MacLellan



We remember our beloved teacher, Mr. Domenic Sauro, who died on June 11, 1990. His strength and courage were examples to us all.



GRADUATES



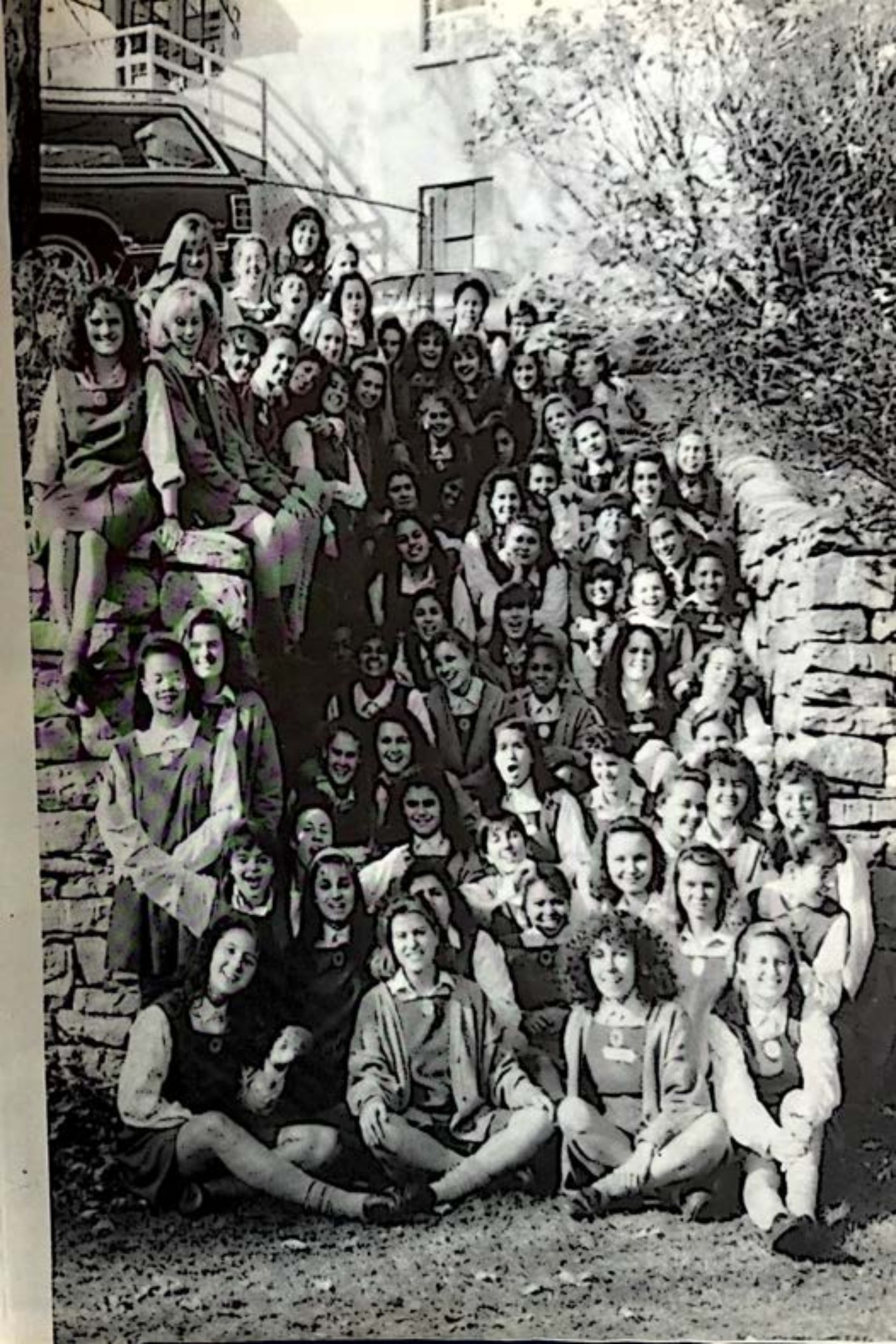
*At last you yielded up the album, which,
Once open, sent me distracted. All your ages
Matt and glossy on the thick black pages . . .
It holds you like a heaven, and you lie
Unvariably lovely there.
Smaller and clearer as the years go by.*

Philip Larkin



Lesseur
 Suzanne J. J. J.
 Mary Jeanne
 Marina Brooks
 Elizabeth S. S. S.
 Craig J. J. J.
 Heidi Chapson
 Elizabeth Flannery
 Meredith Brando
 Malorie L. L. L.
 Stephanie K. K. K.
 Sam "Too Cool"
 Tina R. R. R.
 Segalovich
 Liz Grossby
 Felicia J. J. J.
 Candace C. C. C.
 Jennifer Butler '90
 Maria "Rug"
 Szuber
 Jennifer Bellman
 Stephanie Taylor
 Felicia L. L. L.
 P. P. P.
 V. V. V.
 W. A. W. A. W. A.
 T. T. T.
 M. M. M. M. M. M.
 S. S. S. S. S. S.
 A. A. A. A. A. A.
 J. J. J. J. J. J.
 K. K. K. K. K. K.
 L. L. L. L. L. L.
 M. M. M. M. M. M.
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 V. V. V. V. V. V.
 W. W. W. W. W. W.
 X. X. X. X. X. X.
 Y. Y. Y. Y. Y. Y.
 Z. Z. Z. Z. Z. Z.





KATHARINE ACS

So Steph, where are you going for your summer holidays? Sarasota you say? Oh yeah I forgot. By the way, what time is it Debbie? Perhaps if you tune to Vermont's Easy Listening station WEZF . . . Quick Sandra, Izzy, Heidi, Liz, Debbie . . . I don't understand these Physics questions. What's SOH-CAH-TOA? SIN i over SIN r? Rectilinear Propagation? Clear as mud of course. Any Physics related injuries lately Liz? You say why? (Eurhythmics) The moon was upside-down - I am not CRAZY: This has nothing to do with being partly Transylvanian. Magda: Things that go bump in the night. Dear Ede, Apu, and Ba: I'm forever grateful - Thank you, KITKAT.



KAREN ANN ALINAUSKAS

"There are things that are known and things unknown, in between the doors . . . of Physics classrooms? Alas, the final edition of Karen's Korner. What can I say? You've known me as Chainsaw, Kareem, the HABS towel girl . . . (thought I'd slip that in, heh heh). Manilow's music, falling off chairs in chem class, standing room at hockey games, the TRAIN, blessing the forum, fan club dinners, Stanley Cup Playoffs, "organized binders" are but memories etched in my mind . . . Pretty poetic, eh? REMEMBER: space shuttle disaster, China '89, Berlin Wall, end of communism?, Muldoon, Free Trade, bilingual debate, Elvis lives, do I have a fever? Too Cool et al, salut! Thank you so much, dad, for your understanding, mom, for always being there, Markie my best bud/bro, and Snuffy, the greatest doggie! TDMC?



MARIA ARVANITAKIS

"It is only with the heart that you can see rightly; what is essential is invisible to the eye." St. Exupery. Pui-kei, friends always. Telephone pals, what would I do without you? Maine '89 with Kim. Liz, when are we going to see Beaches? Strat. '87 dinner. Carnival '88 with PKY. Thanks LC, CC, JB times two, Phys. gang. Aggravated at JB.X. Country Skiing with Liz. After school laughs with TN. Anna, hey Cinderella! Infatuations J times 3. You guys we're gonna get in trouble. JG and FL you always made me feel good. Thank you to all my teachers for everything you have given to me. Thanks Ma, Ba, Sisters and Bros, Effie. I love you all.



Old Montreal





STEFANIE AUBÉ
(HYPO) BREATH, BREATH MONKEY! Is it real? How do you know eh? BICM MH 87. Want some pizza? Chemistry tests with BI. Look at yourself! MM Everest, perky, cherry, coney together forever n'es ce pas? What's the point eh Bonnie? I'm not a GROUCH! THE SCREAMER!! Found your cutlery? Suz I will remember our summers. Remember Mike? SM Yo blondy tame that hair! Thanks to dreams with MP BL. We'll get to the states SM! BI and SS It IS a BLEMISH!! "Life's too short to throw away!" Thanks to Mum, Dad, Suzanne, Bonnie, Patty, Medea, Sue and Sacha.



JENNIFER BATRIE
I know she hates me trust me! LC, AJ. Getting drunk on water, Emma? EP, SC, Stratford (Cherry Orchard, what a play!) Did somebody say...? As in Geoff! SC. Gym dem (Dance Club - LP, CT) NEVER AGAIN! Paint it, man! EA, KK. Homework, what's that?! Take notes! TL. SHOTGUN, Social Action - CAC, JB. 'EXACTLY' Twin? LG. I do it all th' time! SB. Dance Partner - CAC. To my TMR, Dunrae, SHSM friends, thanx for EVERYTHING! To AJ, DIGBY for a great year. Here's to you, Bud! TN. And to BEAV, RAY and BUB for all your love and support. OK Lee, I'll say it to you ONCE more... BUT I HAVE PROMISES TO KEEP! AND MILES TO GO BEFORE I SLEEP! AND MILES TO GO BEFORE I SLEEP - FROST



SHEVAUGHN BATTLE
Siobhan - Happy Hardeyite - me? Irish? Nah! ABBA fan with TK. Survived 5 years of Math (I think!) Lady Sylvia ssa! Sailor par excellence, Sooper speller! Did someone say Monty Python? Stratford 87 - Ouija anyone? You thought I was dead? Gummy hands - JOY and PAIN - Was Not Was, Jen! TK - Hey brown jacket! Run-a-way! Shes Axl, I'm Slash! Cute little fuzzy bunnies, ST, JB-LCC Dances, Tradition! THRAGG! Summer 89 - Saved my life Liz or is it Biz! OB! NO! Boarding Baie durfeite with PKY, GM, Hudson 89, CL obsessed? Nah! U2, Pogues, REM, FYC - Like oh my gosh! MC89 - Ric/CC-PKY, Me-back-up! Do I look like I have a brush? Thanx; Mum, DA, Kate, Egigro, PKY, CL, TK, MM, J2 MK: Hasta Lavista Babies!

MEREDITH BEAUDET

Hey Caroline, does it matter? It's a good thing I got hit by a car Wendy - WILD WOMAN! TAG Driving music CHEAT CLAIRE! Chips, dip and football Coins - PN, LM My hand was up first Lis! No, I won't close the window. Students for a day. Wen, make Sacha blush. Mer, the light's green. But where's the little white man? Dance music - yuck?! GAJAM "Nooo Life" 7am talks on 105 with WS. Let's analyse their life. Aerobics Rejects. Late for NAL again! FRAZZLED in math! Volleyball, Mr. K. - you're so naive but a good chauffeur! Carmen, don't hang. Lounge Lizards? Yes, I'm Mark Beaudet's little sister! Shelving - HELP! Thanks to WS, CB, SL for making me laugh, LATER.



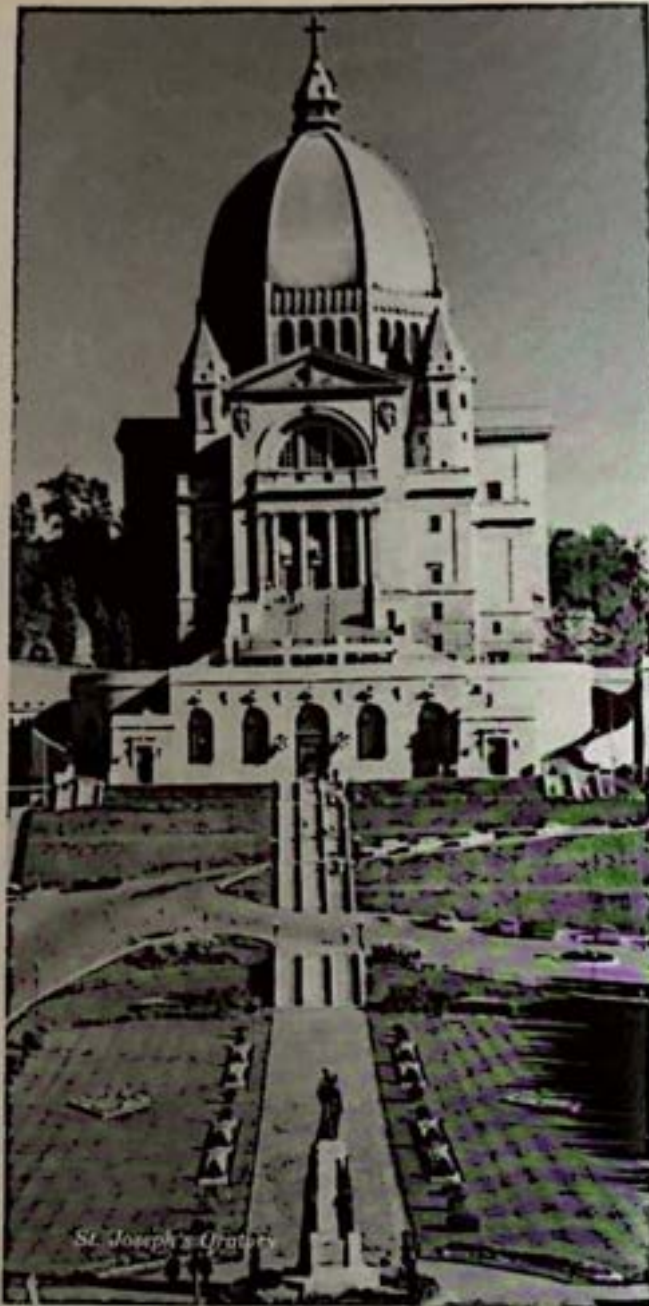
JACQUELINE S. BEAULAC

Hard to believe, eh? finally graduating. Thanks to EVERYONE for 2 great years! Snapshot Memories: me as Tattoo??; teacher imitations (especially Twyla, Gillian); Mr. J: Scream if it hurt. 5s: AAARRGH!; Karen's Korner/Sam's Space: Walk-athon, Carnival, Ottawa, Chalk River; etc. etc. SPECIAL THANKS to ALL my friends, you're too many to name but I won't forget, I never would have made it without you. Extra-special thanks to Viki and Karen AKA Chainsaw for always being there. Belated thanks to the gang from MRA, especially Steph: Yo People! miss ya'. PS Grads: the cards predict success and happiness! Next stop, CEGEP!



JENNIFER BELLMAN

Remember: Ingemar and Greta, skiing with Carla, Anchlous March and Twinkletoes. To My Family: Love always to Mom, Dad, Dave and Scott. Thanks for all of your help and encouragement. Class of 1990: Best of luck to you all in the future. Thanks for a great five years. Quote: "I believe that imagination is stronger than knowledge. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death."





CHRISTINE BENOIT

Beaconsfield - Ya, sheep in my backyard! Memories: Same train, same train gang. Hudson '89 - "Put the pizza where?" (SB) (MB), Sister HellMel - SCD, Stratford '87 - "Push me off again and I'll", SGOTU (CL) SOCCER!! - CHI-QUITA BANANA, TOO SLOW!! TOOTS, Bobo, THE GETTALONG GANG (TG) (MB) "YOUR SPACED OUT!" (PY), Rebel, . . . your boxers are down! JA - PAPER FIGHT! MIRO - Smile, don't worry, Loyola Gossip Queens Rook and her bass and Maria and Mur . . . DUMP THE CAT, GO WITH CUS GAMBLE! . . . OK Annies - B52s, YOU LIKE WHO?? (AF), Anyway, Its been real . . . NO IT HASN'T! . . . STOP . . . Just stop talking, you talk too much . . . Oh Really! ANYWAY, BOOM BOOM, BYE . . .



CAROLINE BONNY

Five years?! Some bad times but like children we let laughter take over and left our troubles for later. It all works out . . . in the end. Thank you Mer/ Wendy/ Tanya/ MC/ TN/Steph CC/LG/ MJ-P/ CARMEN! Miss G (Charlene Mr. Kousik/ Mrs. Flynn and many more . . . Thanks for the card games, the water-fights, the spitball wars and basically ALL the fun!! Good luck Vc . . . keep on talking! MEREDITH? It DOESN'T matter. Just be happy . . . always. Thank you for everything . . . love, Monkeyface. Thanks Sacred Heart. It was fun - THOUGH!! PS - Snoopy . . . you have no life!!!



RUMA BOSE

My two long hard trying years at SHSM have been the best, most fruitful years of my life. Thanks guys for making them worthwhile. Now as I embark on a new phase of life I bring with me memories and experiences which I gained from a great school. I just hope that part of this institution's spirit rubs off as a valuable asset on this stubborn student. I'd like to thank my parents, staff and Jit for all their support. Memories with freinds here are all ones which will stay with me forever. " . . . to meet and part is the way of life . . . to part and meet is the hope of life" Keep in touch . . . good luck guys!!

ANNA BRACAGLIA

Sugar, Sugar, Sugar! I don't understand . . . Bus Party! Tutti Frutti where are you? No Chicken you're not cute. Stop pinching me Marisa . . . Don't worry ma, please daddy. Always crying Karen . . . Nose to cheek. Of course I'm Italian! Stuart. My brother said . . . Swensen and Metroman #1. Why do people have to cry Maria? The Ball Game decides . . . That face Mario! Karen, Sofia, Marisa: three outstanding people, but most of all they're my friends. A.J.C.J. my idols . . . Mommy, Daddy I love you . . . To my classmates, we're noisy and we're the greatest . . . Oh my Godst, I have to go . . . O.K.?



MARINA BRESBA

All my love and all my thanks to everyone. My friends have brought laughter and love to my five years at Sacred Heart. My teachers have brought me deeper wisdom than that found in the classroom. My family has given me the love and support which helped me through the times of trial. Thanks Yen, for the times we've really talked. Thanks Viki, for Physics, Math, and Peer-editing! Thanks Lisa, for the tears and joys shared at Social Action. Thanks Kate, for your smile and giggle. Con-cept 89! Thank you Anna, my t'hy'la, for everything. "You've been most patient with my kinds of madness." - James Kirk. Sheldon rules! Live long and prosper.



Oath of Friendship.

*I want to be your friend
For ever and ever without break or decay.
When the hills are all flat
And the rivers are all dry,
When it lightens and thunders in winter
What it rains and snows in summer,
When heaven and earth mingle -
Not till then will part from you.*

Anonymous, China, 1st century B.C.

MELANIE BROSEAU

Honey I'm home. Your grounded! Did you do your math Mireille? WHAT IS MATURITY? People are strange. Hudson '89, Put the pizza where? Cooking with Mother Mary. 2 2 BANANA. SERIOUS POLITICS. M. VELOSO-R. B#2. GET A LIFE. WHO DO I THINK I AM? LOST CHICKIE WITHOUT A CAUSE. GRAPES. THE TRAIN GANG. He's unique. M.K. OVERWHELMING. THOSE LOYOLA GOSSIP QUEENS. Is Emily there? BOBO. EGG HEAD. DON'T SK ME WHY? Those FLYING West Islanders. Because I say so. "TO EACH HIS OWN." A.L. Van Hoots, Ada, ah, What shall I be at fifty? Thanks to everyone who dared to be my friend: Mom, Chris, Carla, Ada, Alex, Jason, Bri, Raz . . . CIAO . . . I'M HISTORY!!





JENNIFER BUTLER

"I'm a lover, I'm a fighter, I'm the Butmobile Driver". Through the year I've had some great times . . . most too great to mention! To another UNCONTAINABLE CONTAINER; Slime it dude! To Jod; I'll follow you anywhere . . . But no more bailing out the Bateau, feeding me "pizza" or late night visits to the MET. For Lee, my better half, when you fret, just remember when you got wet. To DJ E-Z Mel . . . Dinners until we're 60 or the washing machine breaks down. For Bill; I love you. Bottoms up to MA JB JC JM KH MS. For Mom thank you and Dad stay strong. PKY are you sure it's a 57? What math MS? Party on Dudes . . . Bye!



DONNA-MARIE BYSTRICAN

Orange hair and a pink plastic attaché to retreat - "It's washable", TICKLE! TICKLE! CB hole(s) in the wall, Stratford . . . I'll never forget it (Steph! Where're the matches?) MUSHROOM FARMER, RM JB EM rings on my watch, YOU DON'T KNOW WHAT THAT MEANS? Blind as a bat, life under Communism - "Hands are cold, feet are cold, . . ." Neo Canadian, (N-Z bodyguard) "Is that him?" BB JN JT MS Social . . . huuh!, Bach Pooper-Scooper funeral director, Danka Donut, Donna-Marie Olgash, U-K gone, sneezes in threes, wookies, Miss Prim '85 '86 '87 '88 SC, Chem was a Boo-Boo-Guys in Paris etc: Thanks to DC DS FG CV, Steph, and Mom and Dad.



SANDRA CARROLL

1A2B3C4B5B. Smiley, Freckle Face, Earnie, Felicia's Twin? hyper active! I'm shy, honest! I have something to tell you. . laugh! looong talks. Stratford '87! 5am skating psycholigist Sandra at your service!! not normal, but original! pink telephone. chocolate chip muffins. crunchies. full moon fever! salut cheri. wild bus rides! can't stop growing! sarcastic? me? very buggable. um plucky-plucky. colored chalk in math, phys? West Island or South Shore? perfect beay - NP! forever young! forever Irish! Thanks to all esp. FL, JM, SC, LP, TN, my family - love ya lotta! good luck CT, MCB. class of '90 Remember yesterday, Live today, Dream tomorrow! keep smiling! XOx

DEBRA-LYNN CASTLEMAN

(Nikki Finn, Bill, Sceeter, Comrade Schneidle) Many memories: fell over dog and broke arm, Kissing Bandit and long-lasting friendships. PG cherish Madonna weekends, Fishbone and Rip. CV thanks for first skiing lesson. ST Miss you! SF beware of metro hijackers! MS Vermont 88, cows, Fairy, and Ouija. To Stratford roomies: CV, DB, SP sorry for my cold, pizza was good! Learned not to tape golf on model tapes. Regards to Bill, Ran, Jason, Metro Mario and PeeWee Herman. Warm thanks to Feli, Chris, Steph, Tan and Lou, Donna, Bill, Tanya, Maria and lots more. Thanks Mom and Dad for your faith, love, and support. This one's for you! Love and Mush. DLC. Ciao!



LISA CHAMANDY

5 years - Awsome memories, incredible buddies: MA, KR, CCMJP, TD, Carpe Diem IK Bartles & James Babe. FL& Miss deM. DuRousier Reigns! My studdybuddy Steph, Marina, Mrs. M., Mrs. JF, Lise, Thanks for the inspiration. Boston, yo-Moron! Do you hear a piano? Do you know what I Mean? spy Jr. - Mels, Karen, Ela, Judy, Timmy, Jen; Crusing against the current in the SS Wong, pull it out of the storm TOGETHER. LOVE TO: Mom, Nester, Dad, yes, you're funny, Andrea, Super Sister, Lesley, Auntie Gracie, I have to bake are you busy? Mrs. Flynn - tought me to pick a daisy, & Sen - "The woods are lovely, dark, and deep, but I have promises to keep, and miles to go, before I sleep!"



HEIDI CHAPSON

To all those who have enlightened my five years at Sacred Heart: Steph, Carmen, Tina, Tassie as well as the friends that I have made over the years, thanks for a memorable time. To Debbie: Yay for Pee-Wee!, and to Iz who made a confusing subject seem less confusing by being a wild woman and a fun-seeker. Hey Liz, guess who's here? . . . and Tassie . . . Oh no, it's Special K! Steph, don't forget the bird . . . Maria, she wasn't worth mentioning. graduating class of 1990: good luck in the many years to come.





STACY CHARTRAND

Years pass, times change, but feelings remain the same. Terrific times with Jam, Emma, Evie, Kim, LP, TN, FL, SC, JB and west-end gang will forever be cherished. I will always remember: the concert, summer of '89, train rides, hushwacking . . . enthusing the worm, thinking blimps, beached whale diets, green Trident, red Dentyne, infatuations with black jeans and attitude! let's! realness!, "Bloup, I represent that!" roses from Billy, Raw-nchy! come-hither look! Strawberry! not bad! Did I mention . . . tippy-toes?! Memories will always be with me, still warm with life of the unforgettable friends who made them - Take care.



CAROLYN CLORAN

FOREVER YOUNG I WANT TO BE FOREVER YOUNG 5 years of SHSM - Best of luck to the class of 90. Hey babe what's up? Strat. the bed. Monty Python. Dr. V. U2 Liz 87 tang eh Liz. FYC SB LG CL Sept 89. GOW my 17 b-day. Nanaimo bars. Not just anyone TL THANKS TO ALL THE BABES: Trace for always cheering me up! Liz, friends for 12 years. Jen dance partner. Maria on the phone CL's parties. Pk is PK. Stace for making me laugh. Sandy for the memories. And for Bubb a peachy sis. Mom and Dad for all your love and support. LATER DUDE - FOREVER YOUNG DO YOU REALLY WANT TO BE FOREVER YOUNG? - When I see you smile I can face the world - TAKE CARE CAC. CHEERS!



MARISA COLARUSSO

Misa.nomad.bo. LIVING IN THE MUD. Jean Coutu.escalator paranoia.HODADS' main plug. Ma, quando sei imbecile.pized rice-eater. Bébé. Caterpillar. Killer-duck. 183/7. Rodolphe. megalunches. communist. suction monster. I was hungry, so I ate my uncle's phone. Star Trekkie. Twas brillig. AHORA NEOISMO. lives on S7W. It's alternative. Prisoner. air brakes. moron detector. If it moos, it's a cow. My ortho hates me. M. Lacroix's Singing Head. Rob, can you give me a lift? Malehuhate. Some say. 101. no sidewalks. Deja Voodoo barbecue. no purple sharks. All, Jacqueline? Stop the sixties. It's been nice burping with you. MUDDLIES.



MARIE CLAIRE CROSSAN

This is the end . . . Class of '90'. Stratford 87'. Puerto Vallarta 88'. Beach fires - any weenies? Tacos? Tequilla? Tan, Mello, Ren - our parents just left, get over here now! And what else? - Monique. Put Put, Move it! Wayne's World with Alison Jung. Déjà? Hair alert! Hair alert! Oh my gots! Karen (squared) . . . See ya later - Liz: Monobrow. Concerts. Bum your own, Tamara. Zeny and Smoothee, gamma squooeeze. Le bateau - Judy. First gear . . . CRUNCH . . . JERK . . . STALL. It smememells bad here. Thanks to the beauty's buddies and all my friends: JW, ML, KT, KK, MP, MC, ME, TE, MN, Faith no more, an Soundgarden. Thanks Ren and her men and WW Always . . .



TWYLA DE MELLO

Thanks A.L. Van - no hooting, KL. Giorgio's Yum-Yum. Pizzo penny "don do it". Añibi! Samurabi's hamburgers. Mets Canadiens - empty cup, but did Ya havE fuN? He shoots, he scores once again! Fort Chainsaw? Canada Cup '87. Nilan nevermore! reTREATS Oh, go eat the daisies, KR! Prefects' strokes. DC, RV and GAA. Lisa carpe diem. Field hockey. Are you a #15? Ollie Ollie Ollie! Canada games '89. Gil-MJ "Tic-tac Joy and Pain pump it up! Dynamite" Oi oi oi, en ouai en ouai. Hey - ladies! Get - get. No guts, Ang! Teachers: merci. Class of '90 Forever Young and Rowdy. Fly. Na-na-na-na-hey-hey-hey. That's the news and I am outta here! How's the weather down there Ang?



ANGELA DI PIETRO

A funny thing happened to me on the way to the Forum. It wasn't the pair of tacky Bermudas Claude was wearing, a middle-aged Indian guy named Mike (2 kids) asking me out on a date, or another parking ticket on Shayne's jeep; I was alone. Flashes of five years passed before my eyes: wherever I went, my friends were never far away. Stephen King and Dr. Peter Venkman taught me how to survive life's alime. Krislips and hotdogs. One last thing grads - why "City House"? why not "County Jail"? The wheel of fortune spins round - may destiny be kind. Memories from Chainsaw to Izzy. No glory, Twyla! Play it again Sam. Thanks to my family and Elly.



Place Ville Marie





PATTY FERRARESI

Hey everybody! I bet you that I can open and close the lights. Ah come on! Small things amuse small minds, but you're not small and you amuse me. Zinc Coppate and death by hunga bunga K.L. Beastly, aye. To all my precious piggies caught in fences, I love you all so much. S.A. thanks for those electric lunch hours and those bland lunches. And to B.I. my monkey of a friend, you should have been on the Saturday Night Fever album cover. And by the way, do you have your statistics? I am so glad that I have discovered you all. You have made my life at this institution all the more . . . "You are a part of all those that you have met."



LOREDANA FERRI

Had a great five years! Thanks to all my teachers and friends - Yen and Sonia, you're inspired me and shaped my life. Best memories: Stratford, Carnival, "Si Si Yen?" Remember the feat Sonia? . . . To all my pals over the years the times we laughed and cried - just made us closer. It's been great with you all, I'll miss ya! Thanks to my family you are great, love ya! Friends, life is short, so party hard! Italians are No. 1! Hope to see you sometime in the future - good luck in the real world! To Jen, my best buddy - I love ya and miss ya - Don't ever forget the good times we had and those to come! Grads of 1990!! CIAO!!



ELIZABETH FLANNERY

Hello fellow fun seekers! . . . Uh oh, here comes Mr. Valentine . . . Don't ask me WHY??? Always look on the bright side of things Heidi . . . Hey, you, red-headed snippet! . . . Remember shopping for shoes, Tassie? Just one more store, okay? . . . Don't forget to laugh 100x a day, Steph. . . Uh Kathy, these skis don't want to stop! . . . Hey, Square Root of Elizabeth squared . . . Aerobics with Lionel Richie; Hairdressing in Stratford . . . Roller skating with Kathy; never again! Ice skating with Lyn; equally dangerous! Will we ever forget Afsana the Hun, MU and AJ? Lady in Red (and Love over the ocean) . . . Pee-Wee Herman rules! (I couldn't resist, Karen!). Luv to all.

*When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep . . .*

Y.B. Yeats

ANNE FRECHETTE

Strat. "Wanna play tennis Shigh?"
 Boarder windows with ST CL TG
 "No, I don't want an upsidown hug."
 "RB" Get up, it's 8!" But this is my
 PJ!" Let's go shave our legs."
 Food??? Seaforth (bull) "You really
 must love each other CG VD SI"
 Say cheese Tina "Mimi" I think my
 toes and your knees were meant for
 each other. Oh boy, I'm going to die!
 "Never have a sleepover with the
 4's Lee" Bonfire walks and willow
 trees, who need's them? We do.
 "You'll get there some day Mr. K."
 Thanks to all, I think... Mom, Dad,
 Lucie, Helen, I made it!!! See you
 soon Rambo! Et je suis fier d'être
 un "Pepper" Fish and Pui, please
 smile. It was memorable. My
 dream??? 5'7"!!! See you soon
 Sweetie!!!



SAMANTHA FYLERIS

AKA Too Cool, Samir, Zap-Baby,
 Long live Crazy Books, Sam's Spot,
 Barry, Yipmobile?? Looks like
 SHSM's just another brick in THE
 WALL (Bag The Puritans!), and my
 time has been served. Still haven't
 gotten used to Chainsaw, Rug, Zap,
 Deb, The Vroomer, The Forum
 groupies: "Angie", Ali, Twyla, Izzy,
 M-J, all The other inmates, and the
 teachers, who could never tell a real
 headache from a fake one. "Life
 moves pretty fast. If you don't stop
 to look around once in a while, you
 might miss it." - F. Bueller Music
 and passion were always in fashion
 at the Copa - Don't ever fall in love,
 and Don't read history - MAKE IT.
 ... To you, Yen.



Cross
 Mt. Royal



GENEVIÈVE GAGNÉ

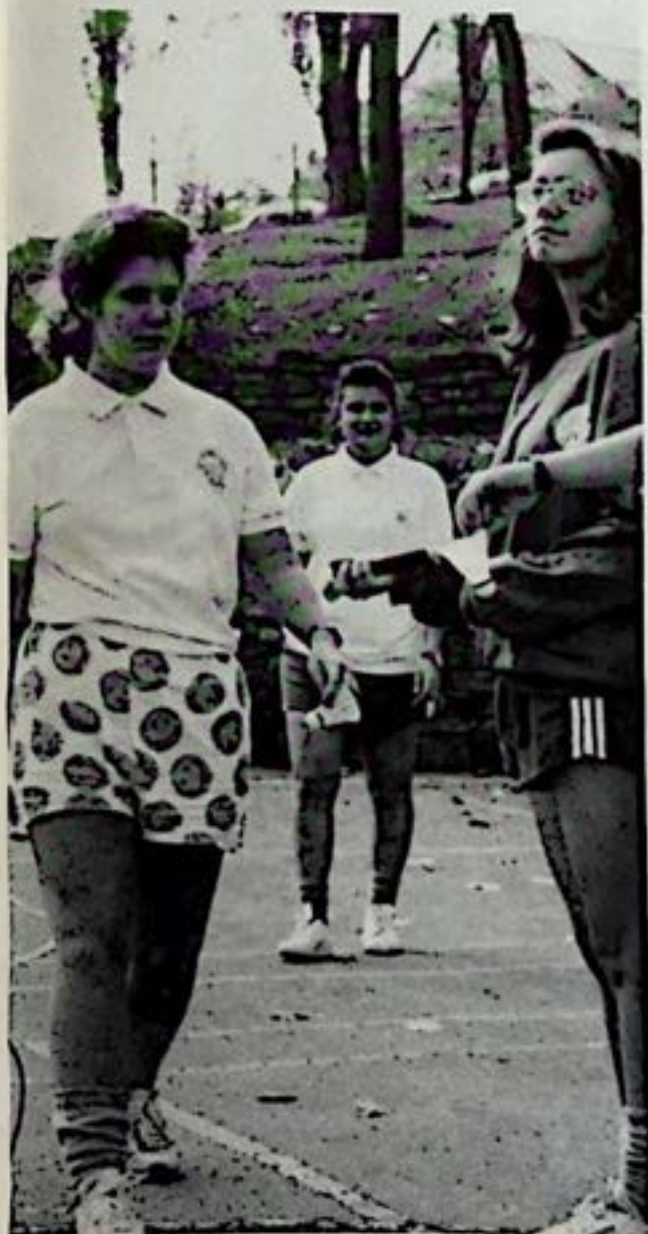
(EVIE) - The past two years have
 been great and I know none of you
 believe me but this IS better than
 public school. I'll always remember:
 passing chem with Stace, it's not
 the cutest thing, bushwacking...
 off in the forest, let's stay on the
 train and go back home, shouldn't
 we enthuse it first?, yes Stacy you
 DID mention, the come-hither look,
 the beached whale diet, strawberry
 and beetroot, let's!, living in the
 wop. Thanks to all my friends
 who've never let me down and to my
 parents. I love you. "Life is very
 short and there's no time for fussing
 and fighting my friend" - J.L.





JENNIFER GOUR

Yen. Field hockey 88' - love that bench! Math with NS and KT. Nice Ring Maria, cousin Mur's? President of S. Day fan club sec 3, Detention club 87', I'm really a quiet person you just don't know me. Stratford; Aliens Mireille? Mordecai with MB. Izzy, Rosanne, Patty, Sam, Karen, Buster, Skinny-Mary-Jeanne. Lyn and Ray, Carla et le bass. Roof 14 the good old days right JP. Twyla et Angie Corson. Hank? My teachers - you've all inspired me, thanks. The whole world with Yum. Satisfaction. Myrtle Beach - fantasy land! Kurt's place. Tom Petty - future partner. Tina's laugh! ER and labs. Bonjour Ada. Kathy, Bill, Brenda, Diana, Pam, Ben, Mom, Dad, Loredana - Thanks. I love you all. Kristina, I miss you. Keep the phone ringing. Bye-bye. On to beautiful Alison...



ELISABETH GRASSBY

OH MY GOD! Five years already? So much to do - So little time! GW - FYC! Umbrella throwing CHAMPION - Pui-Kei! Summer of '89 - w/Shevaughn. Jump my what? I GOT MY LICENCE! Speeding Ticket? WHAT SPEEDING TICKET? Anyways! Don't call me ELISABETH! U2 w/ CC How many years CAROLYN? Wana watch BEACHES Maria? Thanks for the brush Tracy! Hey Mer, close the window! - I'M COLD! What QUESTIONS? See ya later Claire! MATH?! THANKS TO "THE CHOO-CHOO GANG" Never forget the TRAIN CONDUCTOR - MY GRAD DATE! FLORIDA'87 w/Stacey! LIZ THE WIZ! BIZ? THRAG! JOY and PAIN! Phone-aholic! THANKS: SB, PK, MA, CC, TL, GR, JB, EM, CL, ROB, TM, MAPA-BROS + SIS'S *LAUGH AND THE WORLD LAUGHS WITH YOU! *Chow!!*



TINA GRIFFITH

Despite the rules, "discipline" and homework, we managed to squeeze in a few good times: Trip to Stratford, Toronto with vocal (Fran's), crashing in halls with Sonia, Patty's bearhugs, cheese and storytime with Anne, Ali's dishes, fetal pigs, mischief with borders: ST, AF, SI, LC, CS, CG, uncontrollable laughter fits, diets that never work! Lets hit the town Yum! What time is it, Steph? 3:35 - YAY! Jackie, we did learn something - how to cause trouble... without even trying! If the stairs don't kill me, CHEMISTRY WILL! Well, its been a great three years! Thank you to my teachers, friends and family (You too, Rambo!) I couldn't have made it without you! CHEERIO!

FELICIA GUZZO

AKA: NIKKI SUE TROTT. Annual Madonna weekends - Hangman - Italian lessons - Carmen's corny knock knock jokes - Halloween Babies 88 with Chris - Shopping and muffins. Donna, remember the tacky singer at your party? - Scrapbooks - Sugarplum Fingertips - Constant letter writing with Deb. Carmen, please don't eat your lunch at détente! Steph, your name is not Clear and you're perfectly, perfectly fine. You're going to Harlem! Oujia and broken glass in Stratford - Puppy dog - Feeding lobsters at Donna's party with Deb-Record section at the Bay. "You're crooked" Strawberry perfume - Yawn - Rip - Lots of love to my family and Deb, Chris, Carmen, Steph, Donna and many more!



BONNIE IACONO

(MOODSWINGER) Thanks for those special lunches, laughs, classes and afterschools. To PF/ The great organizer! At 1:10 do NAL at 2:35 do English, don't forget Home Ec. notes and Math! Oh no more Math!! SA/ It's NOT a blemish! Because I know! Calm those nerves Ms. Hypo! MM/ Fake blond, big mouth, but I like you anyway! It's MONEY-TIME guys! BREATHE! Don't forget SS from NY and me! Gotta have faith! Thanks to Mom and Dad for believing in me and making this possible, to Joyce, Aunt Linda, Uncle Frank, and thanks to all my friends for making my years here more enjoyable! GOOD LUCK guys! CIAO!



ALISON JUNG

Well it's the last minute in the third period. To all my FORUM BUD-DIES: Ange, Izzy, Twyla, Iram, Jen, Sam, MJP, Lyn and all my friends, you have provided me with a bundle of unforgettable memories that will always remain in my heart. The best thing about procrastination is that there's always something to do tomorrow! Super Duper thanks to prefects '90, Digby and Jen. To Mom, Dad, Brian, Carolyn and Daryl thank you for all your love and support. I couldn't have done it without you. Much love and success to the grade of 1990. . . . it's all yours YUM MY CHUM. . .



*Minnie and Winnie slept in a shell.
Sleep, little ladies! And they slept well.
Pink was the shell within, silver without;
Sounds the great sea wandered about.
Sleep, little ladies! Wake not soon!
Echo on echo dies to the moon.
Two bright stars peed'd into the shell.
"What are they dreaming of? Who can tell?"
Started a green linnet out of the croft;
Wake, little ladies! The sun is aloft!*

Alfred, Lord Tennyson



Bonsecours Market



TANIA KANTEMIROFF

"Your friend is your needs answered. He is your field which you sow with love and thanksgiving. When you part from your friend grieve not, for that which you love most in him may be clearer in his absence as the mountain to the climber is clearer from the pain." - K. Gibran. To all my teachers and classmates - Thanks for making this year so good. Katy, Pippa, you're the best, don't ever change. Helen, Beatrice, Danielle, Sabrina, Youmna, Sisi, Marissa, Miro, Viki. I love you all. You're so special. Papi, mami, Pierre - thank you for being such great parents (and brother). This is the end of the beginning. Take care everyone.



KAREN KHALIL

During my five years at SH I have had great times. Many thanks to my teachers who have broadened my mind and taught me new things. To my family: thanks for all your help I will always love you. I will never forget all my friends who have made my stay at SH what it was. The memories with them will always remain some of course will always stand out. To my buddies: sailing across the streets in the bateau OPAH! Hi KT it's KK; SP- to my uncontainable container bud-die may the DUDES live on; OH MY GOTS I failed! PUT PUT MOVE IT! To all my special friends [JW ML LC 2JB KH CC KT EA AR LT] Many thanks... RAMBLE ON GUYS!



IRAM KHAN

Yum Yum. "Memory brushes the same years. Don't we all share the same fear. Aren't we all crying the same tear? Stratford '87. K.L. my hairy upperlip. Shuttup! Time, time, time is on my side Yen - yes it is. B-S2's w. T.G. Scream when it hurts Chem 552! "Big Ben" by T.D. & I.K. HEART BREAK HOTEL! Bartles & James. Boston w. Mrs. C. PHONE BETA! Claude in bermudas. SLAPSHOT. Melville '89. Thanks J.P., L.P., Mrs M. Amma, Baba, Ammi, Aji, Saado - LOVE YOU ALWAYS! Carpe diem M.J....



TANYA KOSTIC

The day will come when we must part from one another and yet the memories will forever live on! Hi Sexy! Sisterhood of Justice, Williams, Hey Rooney how's Genes, Bender, Ma. Ugly, MEN! Chad, counting Polos - C.B., no I don't need miracle ear, ripped jeans are so passe, R.E.M. - attack - sign shirt! BOBO, Let's Evie! U2, peck, peck, RUN! popcorn, Old River - W.S, Stratford! S.B. dead? studies sail, ABBA - S.B., CHACHI, shaving cream, no comment! Wendy we have to talk! Aquarium? Ha Ha Ha, Dunkin Donuts man! GEEK! KD-W.S, BN-Mer, The Gruesome Four-some Survived! I shall forever remember you all for one never forgets those who come closest to ones heart!



STEPHANIE KRENCISZ

Another year passed . . . the last! (thank God) I will miss some stuff, though. Heidi, still wearing your HOT PANTS? Have you picked up on my mistakes yet, Marina? So Tassie, what do you think about this; still undecided? Let's go see our horoscope. Rosanne what is sooo funny? Tina, stop liquid papering your tunic - yes keep your hair curly. Hey, Heidi wake up! Did you sleep at all last night? Kit Kat can live on chocolates and five hours of sleep! Sam, have you seen your guy in the metro lately? Oh no, FISH again! Go away Liz (don't blush). See ya later (much later HA HA! just kidding or am I?! KEEP LAUGHING GANG!!





CARLA LAARHOVEN
 U2 - BALE "OCTOBER" 1,
 87-CONCERT THE BASS Adam -
 Thanks for the inspiration - MK"
 All I Want is You" party 230689 -
 CDSB - MK, KP, EP, PT-FYC-Liz,
 Non, CaC, Back stage Roland?
 Amnesty concert, Puik-Unique:
 GPSofW-and Waterboys super-
 string - Al the Things I Wasn't.
 HAS ANYBODY HERE SEEN
 HANK? 5Seas MontyPython-A-
 Thon-Thragg, TL, LG, PK, CC, KA,
 AP, SB - a tad late - Quadrophonia -
 Joy Pain bop: Geog 88-89 1 step fur-
 ther MrK - Save the Whales! Anne-
 Upside Down Hug? MS Gnomes
 don't grow! What groovy bassline?
 Ada don't you dare tell him - Party
 101189 - PSYCH! Quinnapoxet -
 Ali, Tina, Yen love ya! Chris,
 lighter? Melvin - Gossip Queen: U2
 Hey Climb down from there! Guys
 they're ... Bye - BB



MIREILLE LAFRENIERE
 (Mimi, Miro) - Thanks Maria for my
 first day of school; even if it was the
 worst day of my life. Strat. "Jen,
 what would aliens think of us right
 now?" Smile Anne! Funny Bunny!
 Oh Boy ... Do you think I'll be
 destined to be an elevator operator?
 Em: Thank God Summer '89 is over,
 and "Will you go pick up Mags?"
 Hey Sonia and Chris I'm in an ex-
 cellent mood now! I wonder why?
 Chris: Don't EVER take your rings
 off! Mel: "Mireille, did you do your
 Math homework? "Don't worry
 Tania your ears will not fall off!
 Forever live my skis, the snow, and
 the guys around them. Goodbye
 Viki, Cindy, Wendy, Sam, Elisa ...
 Bye Bye!!!



CARMEN LALONDE
 Military woman - I'm aggressive.
 Me, stop eating? Mais tu as perdu la
 tete? Fili, you cute puppy dog.
 James Bond 007 for your eyes only.
 Thanks M.M., Bonnie, Patty,
 Stephanie, Meredith, Caroline,
 Sacha, Heidi, just say "no". Dwain
 de tub I'm dwoning. Fred. Wilma.
 I've had three great years with all
 of you and I hope you will always
 remember me because I will never
 forget you. We are one heck of a
 class! Thank you papa. Tigalo just
 one more kiss - I love you forever.
 Thank you muchissimo. Pierre, Eva
 I love you both too. Thank you for
 all your love, support. To everyone
 in five, good luck, love moi. ADIOS.

FELICIA LEBLANC

Will never forget Um plucky plucky, Fabian, Milk and Toast, Crunchie, green m and Ms, long talks with Jen, and Geog. class - thanks Mr. K and all faculty for helping me believe in myself . . . Thanks to my family, Tony, Marisa, AM, Cristina, and June for your continual support and tolerance. To my best friends, my mom, for being there when I needed you most - lots of love and thanks. To Mike, friends forever. Right? I'll always remember all you have given and taught me . . . To Sandra, Jen, Steph, Maria, Lisa, Kim, Stacy, Lisa, Claudia, Tam, - when the names I write here fade and the pages are old with age remember me kindly. I'll remember you yet . . .



SACHA LEPROHON

"JUST SMILE AND PRETEND YOU UNDERSTAND". What? Ya Right! Huh! P.P. Partying with Y.J. and J.S., Doing weird things. WK: Good looking guys with great personalities. "YOU HAVE TO KISS ALOT OF FROGS BEFORE YOU MEET A HANDSOME PRINCE". Claim to Fame: My driving, gullibility, twisted thoughts, running away. Y.J. and ALL our memorable times. J.S. stop that laugh. BOOGIEMAN. Being hoed by John the fireman. C.M. STAYIN' ALIVE. Splitting had's bed in two. W.S. stop making me blush. Teaching Aquafitness with Y.J. IronMan. Summer '87. Aug 11, 88. Sept 4, 88. Summer '89. June 1, 90. THANKS: Y.J. J.S. N.K. T.S. L.L. V.I. M.B. W.S. S.S. C.T. C.I. Ma Mastro, Mary, Gerry, Mom, Dad. ADIOS AMIGOS!



*I have known
The inexorable sadness of pencils,
Neat in their boxes,
Dolor of pad and paper-weight,
All the misery
Of manilla folders and muscilage . . .*

Theodore Roethke

MELANIE LEVESQUE

To all my wonderful friends at SH, too numerous to list, and all the incredible memories you've given me. To Judy who gave me the need to laugh again, Karen the confidence to hold my head high, Kimmy who let me see the world's innocence again and to Butler with whom I shed my facade. To my one and only Leonard Cohen fan, Mrs. Cochrane, a simple thank-you. To my brother, Martin, I love you. To my puppy, James, from your love muffin. Never forget I'm a Butmobile rider! Finally, to my "Beauty's" buddies JW JB JB KK TUCCI CC LISA . . . RAMBLE ON GUYS





TRACY LO

S.A.K.E. co-founder J.A. VP Production - Lay - ZZZ- Board Inc. Kim and me - Science Fair 88. Stratford - lock out! CAC stop hogging the covers!! Bo yourself Marisa. Here Liz, my brush! Jen. Are you ever going to use these notes!? Not just anyone - CAC nanaimo bars! So what did I jump off of this time Terry? Karen A. - My physics buddy. Mr. Jackson, please tutor me it's cause I'm Chinese. 5 years of class with T.N. Puikel - It's a Chinese! Dangerous skiing and embarrassing times - M.J.P. Thanks to grads of '90 and CAC for friendship and support. To dad, mom, ma and Ter - my love and thanks Gramps remember - For as the song goes, Together Forever.



TASSIE MAKUSZEWSKI

I never thought the end would come so soon. It means saying good-bye to special memories and friends. To my pals: Steph, too modest, and please stop reading the horoscopes. Life will improve. Don't worry Heidi, Friday is coming soon. It can only get worse. Rusty (Liz) keep the golden age smiling. Careful Marina, those vocal chords might snap. And to the rest of the class, remember that no day is the same so try to make every moment precious.



JENNIFER MYERS

- Eh?! No, I'm not tired of eating ananas and I'm not antisocial! Mutters, the soccer star - thanx Billy! Red eyebrows. Don't touch me! Bushwacking and eating bark to survive with Stacy . . . and it's not the Lovin' Teaspoonfuls. Hack-asc man, Nick and Bidou. Memphis '91 - Yeah! Wild bus rides with Sand and Fish. Drugstores with Lisa and fun with Kim, Tam, Evie and Kiwifriend - What's the clue? Sec 4 Bio tests! Chicken sounds - ZOO! And remember "God evidently does not intend us all to be rich, or powerful, or great but does intend us always to be Friends." The class of '90 - the TOP Banana! Good Luck to everyone and THANX . . . YES!!

MEDEA MIROLLA

M.M. Coolness: N.V. Miss Ditz: brain '90 E.R. 5 minutes left! Arta: Italians do it best! I hate cabbage . . . mum. I need some money. Listen: P.F. History's not that important. The screamer . . . AAAGGGHHH HEHEHE! I tried not to blow up the lab. Me, chew gum? Mega-Monster: I need some chocolates! I'm not really stupid - it's the hair. Bobobrain: Do your math: thanks K.R./B.I. I look so ugly. Hey chick tame your hair! Spike!! France '88 - guys in Italy. Dijon. The best! I need a new haircolor. P.F. - beep - christening. Don't bug moi, O.K.? - P.F. Metropolis - Saturdays. Ricky V.: What a babe! S.A. - nice weekend alone. I luv my family - thanks: P.F.B.I.S.A.



ADA MULLET

Annika; vans AI; T-Dome; pool, Li and CO; Arta CO MM and PKY; buddies: Phil, Tray, Annie, JP, Danny, Chris, James, Shla, Fishie, Basement; Hi Zoutie; T.T.F.; Thank you Daisy; shave Patty!; fresh air, grocery shopping and jogging Mell; Rockabilly Rules!!; Matt K. I'll tell him, Car; Vaughn at Cantor in July; assembly jokes; Bueno don't fall; SMILE Love ya Yen; "Just say no", Carmen; Swedish Shla; THE-ATRE!! Break a nail; kidnapping: good luck Mrs. Cochrane; YMCA; "I'm in love!" Francois!; special thanks to Cindy, Johanne, Cathy, and mumie for listening: The Way I Walk . . . "The Cramps; Relaxing Nick and Tina; Dude; YEEHAW! WATCH OUT THEATRE WORLD HERE I COME!!



SOFIA MUZZO

WHOO-HOO! WHOO-HOO! Alright guys, we're off . . . and for the last time, TUTTI FRUTTI, where are you - ANNA really wants to know . . . Yours truly, METRO MAN #1 . . . MAHRON, what a SPIROLEE . . . Which way now? Bus Party with all of you. SWENSEN'S on Friday's. Ball Game Queen . . . ST. LAWRENCE . . . If it makes you happy . . . I love his fundy dances . . . his funny hat . . . In memory of KERMIT THE FROG, it's hard being green. ANNA, MARISA, KAREN - the best of times for always. VC, I still think they made a mistake . . . mom and dad, I didn't forget. It was all worth it. Love you . . . To all of you, what can I say. You don't know what you've got to until you lost it . . . OH, and CHICKEN reign!





TAMARA NAHORNIK

Cute, short? Well, good things come in small packages. Easter cream eggs, squished kiwis? I don't know, but do I ever. Sagging swimsuits Kim! Always at school, can't get enough. Here's to you Bud (Jen), bum your badminton birds Claire. Oink, pigs? Raw-nchy, obnoxiousness... Always HYPER! Sure I can be serious or at least try. Selwyn gang. Come to MY House! I'm not a dits, just blond. Matthew... Again! A million thanks to those who helped we through the years Mom, Dad, Krys, Tanya, sis #3 Lisa, good old Matt-O, yellow shirts and KR JM SC CT FL SC CC MA TK. Always remember "Did you stroke a friend today?" Take Care and KEEP SMILING.



ROSANNE PAPIERNIK

"Moments pass away but memories never fade" Special thanks to: my teachers. Daddy for staying up all night, helping me with math. Rocco, my second dad for listening and caring. Mom, your love, support and advice have meant a lot. Zosia, your strength, love, and patience are an inspiration. I couldn't ask for better parents! or friends! Churyl, Mike, Eddie, Steph, Heidi, Jen. Remember? First Loyola dance with Steph and Sam. Physics toy day. French class with Debbie. Loyola Ski Club: "Jackie, how do I stop?" Tickle fights on the bus. Secret Admirers. My Coccoo. PC. "If I could put the moon on a ring, I would and give it to you" GRADS OF THE DECADE!!!



MARY JEANNE PHELAN

"If we shadows have offended, think but this and all is mended" Carpe Diem. Thanks to those who kept me laughing: Angie, Ali, Karen, Yum, Lisa, Pui-kei, Yen, Sam, Twyla, Gillian, Stina, Kate, Caroline and Dr. Izzy. We were never bored. Erin Go Brah. How funky is your turtle? To my teachers: Thanks for putting up with me. Mrs. M.: I'll never forget the value of words. Jesus was the first Communist. Thank you Dad, for the Grand Prix down St. Jacques; Mom, for your perseverance and love; and my big brothers, Bo and Capt. Pectoral, for silliness... And so goodnight unto you all. Give me your hands if we be friends, and Robin shall restore amends."



LYN PONNIAH

"Farewell to you and the youth I have spent with you. It was but yesterday we met in a dream. Our half-waking has turned to a fuller day and we must part. What was given to us here we shall keep. If in the twilight of memory we should meet once more, we shall speak again together and sing a deeper song. And if our hands should meet in another dream, we shall build another tower in the sky." - GIBRAN. Thanks so much to Dad, Mom, Tom, Ann, Ted, my buddies, "Cupid" Karen, Lady Liz, Puik (Jane - letters), to my "GG". Always - Viki, to the class of 1990 - thanks for all the memories! Wishing all of you much love and success in life!



JACQUELINE POWELL

Always remember the good ole days: Stace, Miche, never forget "Hey gal-hey gal YOURSELF!" Yes Tina, we did learn something: 101 ways to cause trouble! To my pals: ME, SA, KT, ZO, Yen, Yum, ADP, TD, KAA, AJ, ES, TG, VT and Sc "Friends may go, My friend, you're real I know; True self you have shown, you're alright with me" Mom, Dad, Sue, you were always there when I needed you most. THANK YOU! T.O. Christmas; MP, MR "1989 Another number another summer" Paris, London, the Glitter World, Chillin with the West Island crew; SC, DC, SA, LS, AT, EJ, thanks guys, you changed my life. Fight the Power: Public Enemy - Nov. 11 Yeah boy . . . Just remember Always Do The Right Thing!



LISA PRANNO

5 years and 3 inches later: Stratford '87. Dom-Plucky-Plucky. Sec. IV bio tests with JM, SC, EG. Tam - sis forever. Summers in Plattsburgh. Stroke a friend? The Clumsy Syndrome. Drugstores with RB, JM. Thanks for Mikes! . . . To Mom, Dad, Phil, Daniel, and Lynn: Your support, your guidance, and your love for me has helped me through the years . . . THANK YOU. To Tamara, Felicia, Kim, Stacy, Jen, Sandra, and all of my West Island and Selwyn House friends: Thanks for the laughter, the memories, and for being there when I needed you most - I LOVE YOU ALL and I miss you already. THANK GOD FOR REUNIONS.





STEPHANIE PSYK

Zap - RS crazy books, I'm Lori!
OOMFUFUFIFI. Herman my
boobou! Stratford '87 (eh roomies?)
SKI-days. Parties, potato-head-
aches, and strawberry perfume!
Lost in Parliament: I don't think
we're supposed to be here! "Our lit-
tle Mrs. Di Pietro" Chalk River:
RADIATION! So I babble, big fat
hairy deal! ANYWAYS... There's
your boyfriend! That's the bellboy,
ding dong! Who asked you anyway?
To: Ma Pa Ba Di my cousins in
Ukraine, Donna Sam Chris Cindy
Debbie Feli Deb and pals in Lasalle!
Thanks for puttin' up with moi. Yo!
to: TSCT JR18 MASP and RB! Ukes
are #1! TRALALA toujours l'amour,
and remember, God loves you...
SMIRK!



ELENA RIZZUTO

Five more minutes Medea! Curl
that hair!... Anna B. It's Thurs-
day!... Sofia, I don't understand!
... Marisa, do you want another
chocolate chip cookie?... Steph. K.,
RELAX!... Tamara, wait for me!
... Bonnie, "a look to kill!"
... Patty "Mt. Everest!"... Anto-
nella, what's new?... Basically,
that's it... Anna, "a nag!"...
Melina, "tomorrow I'll start!"...
Pina, no more fights!!!... Josie and
Cris, let's PARTY!!! Thanks to
mom, dad, and to all. It's been
great!!!



GILLIAN ROPER

Forever Fish! Twinny FIELD
hockey I knock'em OVER! CDN
games 89 MJTD are YOU a 15? NO!
Here I pause! EH? b, c, what ya
started, Ada? Ant. REHERSAL
from HELLO I love you: Ball of con-
fusion WS/ FISHER price RULES
ven BEN et BOB! Gig G! Ala Siesta,
See ya Shla, NON et MAT: NO! not
PUMPKIN! you may address me! as
THRAGG Goddess of the... WANT
a business card? So here I am six
Months before Grad. worrying
about how I won't be able to
Understand this in 10 years! How
FRUSTRATING! I also have this
fear that people will kill me at the
Alumnae Dinner for not putting
them in my comments! THANKS
everyone; especially WARRIORS
CL, LG, PY, LP: Well I guess that's
all Actually... Salute.

KIM RYAN

I get by with a little help from my friends! I will never forget: the train, the blimp, the rainshadow effect, fresh fruit, foliage, don't touch me, the raccoon, family night, 10:30, MAINE '89, blup, dut, not good, did Stacy mention?, strawberries, REAL, bathingsuit shopping, easter cream eggs, bushwacking... and the WEST ISLAND! To Stacy, Evie, Maria, Jen, Sandra, Felicia, Lisa, Tamara, and all of my other friends - you were always there for me - THANKS! To my mom - What would I do without you? And finally, to happy endings and new beginnings - SMILE!!!



NINA SEGALOWITZ

I dedicate this to R.L. M.P. S.Q. N.B. M.S. What Sundays! What a drag! (joke) I also dedicate this to all my religion teachers: Mrs. Flynn, Ms. Pinto, Mr. P., Ms. Mastro. I'd like to thank my mom and my dad and my sis for their support all these years. I LOVE YOU! PSYCH, Thank you for sharing that with us, it was profound, deep... HI LA LA LA. CARPE DIEM. SEIZE THE DAY! TO K.T. Thank you for all the good times. Nat, it's Vanier next year, then Queen's. He is so gorgeous! Look at his eyes. I like him... I'm in love with him... I hate him. Oh Jeez. Get a grip on life. I love you! Viki, thanks! Catherine, Dragan, Vera (the kids), my music friends... Thank you!



SUZANNE SIMS

Well, what have we learned? Ask a stupid question get a stupid answer, right Tracy! Chemistry, Physics, I'M SO CONFUSED! Driver's Ed was a blast! Volleyball and skiing always great. Never forget electrocuted barbie doll. I can't do it on command! BEWARE: There's a full moon tonight. I'm not short, you're overgrown and no, I'm not addicted to chapstick. My twin and I: forever fish. Leave me alone, I LIKE OT-TAWA! Piano Man... Candle in the Wind... It's all been great. Thanks to Gill, Steph, Mere, Sheila, Greg, Hannah, Bill, Ed, Sacha, Cindy, Jason, basketball players and everyone at the field for all the memories and the fun. I LOVE YOU ALL.





WENDY SLADEN

- 1990 - Class of the decade. Let's keep on driving (MB/LM) Standing in the corner for Mrs. M. Water and spitball fights. Shaving cream with Tanya and Steph. Tossing out apple cores. Gillian: Book of Liff. Sven, Ben, Bob! GA JAM. Mr. K. - you're killing our social life. "No Life" Macaroons for breakfast. The field. Chips, dip, and midnight football (CB/MB) WP - Claire: I need to focus. Aerobic Rejects. "Loser" me? WIERD? - ROONEY - But Tanya, GEEK is so perfect COOK? GD talk with Caroline. Mere, let's not analyse their life - play TAG instead! Dance music? Cheat MC SL KA! Don't "LATER" me, Mere! Thank you - ALL OF YOU - for the memories that make me who I am. ADIOS AMIGOS! ... LATER ...



ELIZABETH SOURIAL

Well, this grad chain has come to an end and so have our lives together at Sacred Heart. We were a crazy bunch what with the penny pizza man and our Forum extravaganzas. I would like to express my deepest thanks to all of you for the very fond memories and for helping me through the five most difficult years of my life. Special thanks to my sister, GM - Ali, Angie, Twyla, M.J., Yum, Stina, Yen, Karen, Sam, Cherry, mom and dad. You were all like a ray of sunshine through the dark and stormy clouds, and even though we are all leaving one another, you will all remain in my heart forever. I love you all - from me. Dr. Izzy the wild and crazy woman.



WENDY ANN STRAIGHT

Of course I'm twenty, don't I look it? O'Blitz, Foufounes! Thanks ST, MF, DK, JG for all the great times. Sonia: Get that stupid raccoon out of my face! Are you trying to tell me you already had that pack of gum? See you in HELL! Maria: Bet you a chocolate bar he'll call! Miro: Gray Rocks stinks! Meghan: Hurry up and get in the car! DUCK! Love to Mom, Dad, Nanny, and my brother Mark. Huge hugs to my Campground Buddies (MM, OO, NM, JR, KN, RA, KS, KE, KM, CL) I hope we stay together forever! Special thanks to Mark Dennis whose advice I will cherish forever and to Oshko who got me through many nights, I will always hold you close to my heart. CIAO BABY!

MARIA SZUBER

Those creative names - RUG, MOOK, SWEET MARIE . . . Yup, that's me! Always asking questions: Hey, Jen, did you do your math? Parlez-vous français, Mrs. Coch-rane? DEMAND, Liz! Sam and the Selwyn House Shrine. Bag those Puritans! I've got an Oriental rug by the fireside . . . Cooking with Sister Mel . . . Saturday Night Rendez-vous . . . Yen, "YOU SHOOK ME" - So Carla, where's Hank? Where's the groovy Bass-line? HORTICULTURE and KNOMES don't mix! Chris, grab that bottle! U2 (No Lighters) Vermont with Bill and Bill: An Excellent Adventure! Tough Times Demand . . . RUSH! Moonlight Serenades with MURRAY "We can dance and dream like lovers . . ." Thanx to Mom, Dad, Taasha, and Leonard Cohen! Party hard Grads of '90! LOVE YOU ALL!



SONIA TATLOCK

"STOP SHAKING"! I CAN'T HELP IT! What d'you say Wendy? I can't hear you! Tina, what's so funny? Carnival '89: Loyola ski bus, ATTITUDE skiesta, it's so ironic! I have an appointment! We're going to the movies, right Wendy? YES, you'll get in! Don't worry Mimi you'll live! LATE AGAIN? Mike, staggering to Guy metro: Thanx Josh! You're dyeing your hair black? Loyola Grad '89, had the BEST time: THANKS Mike . . . and to all my BUDDIES: Wendy, Tina, Mimi, Bonnie, Mel, Anne and Lori for all the laughter, tears and good times we've shared. I'll never forget them! Looks like we've turned out alright after all? Merci Ma, Thanks Dad, for all you've done. MISS YOU ALL! SALUT



STEPHANIE TAYLOR

To my wildest friends: Wend, Mere, Tanya, Caroline, Claire, Suzanne. My pet Dromio, my studybuddy LC, Ernie and WAC pal, the soccer champs, the chem circlers, prefects and us late nighters, the sneakers SBJRMM and all my chums far and wide! Never forget my teachers who gave me inspiration. Special thanx to Mom, Dad, Jer, Jon - you helped me discover my dreams. Love to Mega, Tanya 2, Trina, Taah: UDOS going to Quasi, the Roxys, MeMom, Summer '87 - just complete madness! Five years of laughter and tears forever etched on my mind. "Their hearts have not grown old; passion or conquest, wander where they will" . . . Shine on you crazy diamond! Always, be in me.





VIKI THANOS

There was a strange class called VC; Made up of strange animals indeed; Teachers complained; That they couldn't behave "WELL . . . THAT'S VCI" - LOVE YA! These 5 years will be forever cherished, thanks to all my teachers and friends, especially Lyn - buddies forever, right? To Mom, Dad, Georgia: Thanks for your continuing love and support. Nina, Mi - Thanks for being good friends. Phys Clan - KR, MA, TK - ARE WE SUPPOSED TO HAVE THIS MUCH FUN IN PHYS? VIC'S movie: DEAD POETS SOC. IA buddies - TD, JP, AJ, LP, Shelagh, CT, SK, HC, EF, GR - AkriVI! LATE NITE CHEM WITH IZ - Did you study? I'm SOO STRESSED JB! MB - Sing well my Trekkie! TO THE CLASS OF '90 WISHING YOU ALL THE BEST OF LUCK!



KHADISHA THORNHILL

Pee Wee Herman rules! Alas the days of shopping at K-Mart, Woolco and M are over. However, do not fret - we can move on to higher levels like Pier One Imports and Marks and Spencers. I would like to thank Karen Ann Alinauskas for her great contribution to my life at the school. She really is a great person! How about those Montreal Canadiens? I'm probably the only one who took the Barry Manilow Challenge and lost . . . The moon is made of green cheese.



CINDY TORREIRO

5 years have passed, times have changed. People have grown in height (not much in my case) and in knowledge. I've realized that I can succeed at anything I set my mind to. Perseverance, Love, and Party Harty are the keys to a good life. To: Cynthia, my sis for life; Steph B. - let's party!; Mags, in nem tudom?; Miro-Gray Rocks '90. Peder, Chris, Frank, Mark, Brian, Peter, Bobo, my friends are the strength of my courage. Chuckie, you're the best. Our late-night talks (C-boys and downtown excursions in particular) have made us the best of friends, love ya. MOM, dad, I love you, and the future is looking bright.

KAREN TUCCI

GOOCH: In memory of Stacy Aquil. To my mom and dad: I love you and of course my brother James - Get out of my room! To Anna, Sofia, and Marissa - our friendship says it all. Kisha and Nina, I couldn't have done it without you, THANKS. Dedicated to my BEAUTY buddies Karen, Claire, Mel, Judy, Jen. Broken glass - broken hearts - (L.O.) It all started on St. Lawrence St... She's out to kill me! Sofia, it's incredible I can live on love! Anna it's now to check time! Hey KK, CC you two is cutes. One last thought: don't forget you're all "SUCH NERDS" and you've made my stay here great! - You two - detention!



MARIA LOURDES UMALI

First words: "Scary isn't it?" 5 years gone by and I'm still alive! Special thanks to: Mum, for your luv, support, patience (something I've always lacked), my buds: DD, WS, DLC, MS (my other half) FG, SP, DB, CV, CT, for your friendship and understanding, especially DD and WS, for always being there, the teachers who made me smile: JM, MS, PK, CH, ADM, LBC, RM, Mr. P, and others, my pal, BJ for helping me with my PHYS. CHEM life! Memories: DLC's shoes, Pete M. and FLB, HC's fave, AS, mine too, right? Sec. 5 Fair, "Stop picking on me!" Thanks, sir! GB, I "..." you; will keep smiling. Cookies? Never forget Class '90, "Think pink!" I Will miss you! Last word: "I'm outta here!"



CHRISTINA VROOM

Five years of memories combine to make up the best years of my life. Years that would have been complete drudgery without friends. I thank THEM most of all for their encouragement, patience, love and understanding. They're the ones who got me through the rough patches. They also gave me all the good times. CT, por que? moldy donuts! bye BumbBunny! SP, badminton pep talks! That's my shirt! Dwain? DC, FUN FUN FUN! Egg! Believe! FG, card-section! weirdo on bus! DB, \$5000? SP, ST and Lisa S. To my family: Bri and Rob, you'll always keep me on my toes! Mom and Dad, your love, understanding and faith have been an inspiration in my life. Thanks everyone! CLV





JUDY WONG

"I'm free and freedom tastes of reality"
The Who. To all my friends at SH,
thanx to you my stay is full of great
memories: JAPS - full steam ahead
after that nissan, oh oh deadness; SS
WONG sinks again. I'll always be a
butmobile rider. Move your BADOON-
SKI!! RABBITIZATION - KK CC ML
all need REAL MEN. Taki does wacky
wacky. Tom you're SO CUTE!! Yo
MORON!! KK KH LC Spring Break
'89. Hey toilette water, I have that tool
To Justin, thanx for being there when I
needed you most. Hey KK don't forget
"we are what we are!" To the beauty
buddies: TM KH KK EA ML JM 2JB
LC KT CC ... RAMBLE ON GUYS!



PUI-KEI YEUNG

I'm not weird. "UNIQUE" (PH,
EO). SB's little weirdo. SPACED-
OUT - Phys 89: sniffing up (JB) only
a 57. "RUNAWAY" - TK, SB EG
(the blondx2) I'm so confused.
homework? what homework? ...
RUMMAGE ... Lady Sylvia. -
ENGLAND: my love - RG. Monty
Python monathon "one-out-of-
three" CL, MS. 3 wishes (SF) chap
el'87 (WS). DIMETAPP-A-DAY.
"urge-to-purge" straight jackets
and padded walls (MA - best of
friends - ALWAYS) umbrella throw-
ing - ELIZ A. "let's get cultural LP"
- Ludwig van. SUPERSTRING.
GofW "All the Things I Wasn't"
LvanderZ, PBS, Hank; THRAGG.
Danke - MA, LIZZY, CL SB - (RA) -
CC2, TL, JB, KAA, LP, MJP, AJ ...
ALL. (mom, dad) "CHOO-choo"
gang, MM & AM (Arts) - EUROPE
'90. Post (MC) BUONGIORNO. so
long, farewell



Student council



*O Captain! my Captain! our fearful trip is done
The ship has weathered every rack,
The prize we sought is won,
The port is near, the bells I hear,
The people all exulting,
While follow eyes the steady keel,
The vessel grim and daring.*

Walt Whitman



Retreat

On a cold day in January, the graduates of 1990, solemnly boarded the bus, knowing that this was their last retreat, TOGETHER. The silence, however, did not last long. By the time we got on the Decarie Expressway, we had already sung: "Joy And Pain", "Sipping Cider", "They Say That In The Army" and "Down By The Bay". We arrived at our retreat house in St. Jerome by 9:00 a.m. We were all amazed that there was an elevator and many of us went for joy rides. The theme of our retreat was the "power of one" and we started off the day with a skit based on that theme. Even though our guest speaker, Terri Di Monte, was unable to make it, our teachers started a very good group discussion. We had a lot of fun at night... Thank you Mrs. Flynn, Miss Mastro and Mr. Shaw for making our last retreat such a memorable one.



*Nothing,
not even fear of punishment
can stop the giggle of a girl*

P.K. Page





Wish upon
a star



And the night shall be filled with music

Longfellow

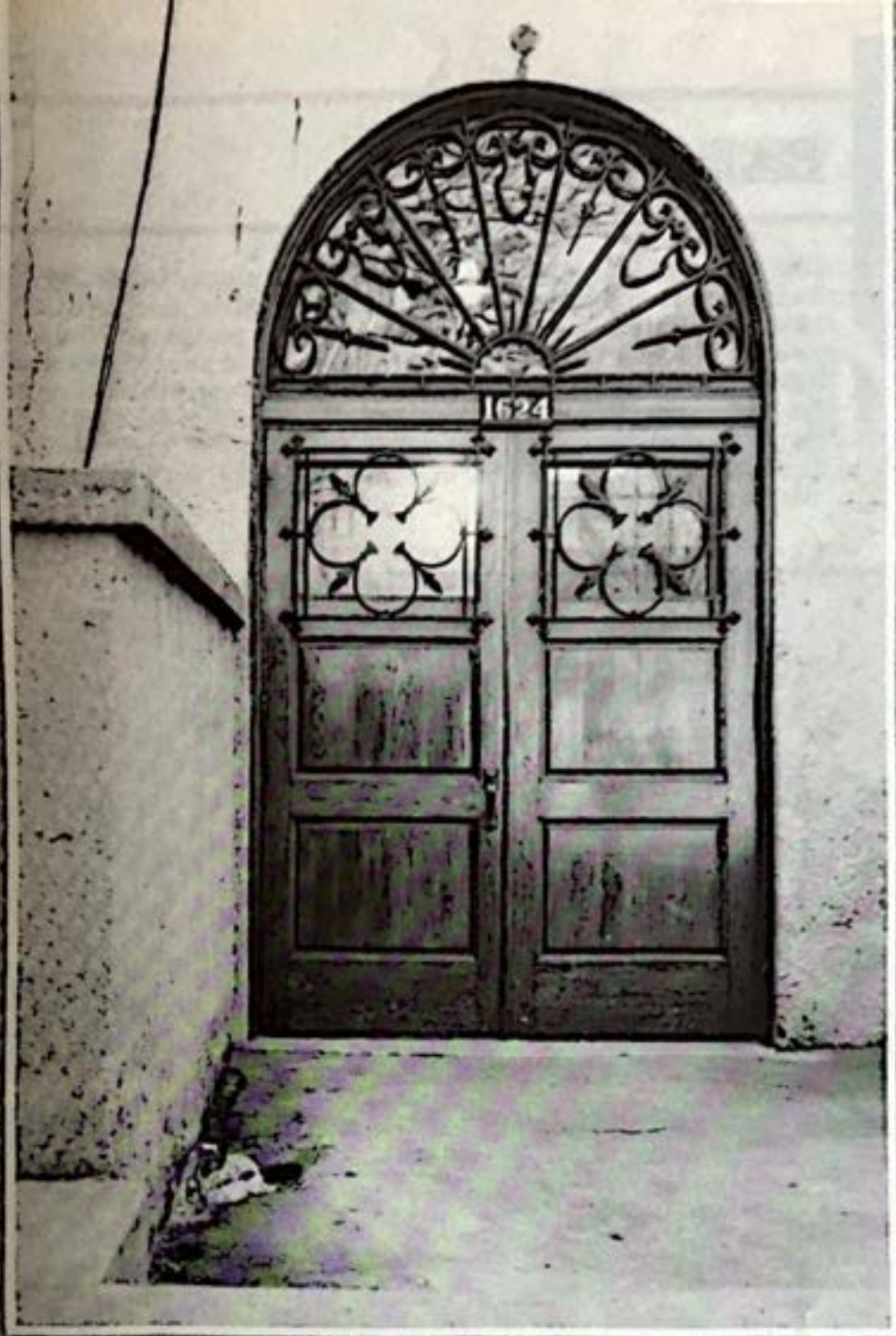




*You step delicately
Into the wild world
And your real prize will be
The frantic search,
Want everything. If you break
Break going out not in.*

Michael Ondaatje

UNDERGRADS



*The years shall run like rabbits
For in my arms I hold
The flower of the ages
And the first love of the world.*

W.H. Auden





Maria Arvanitakis

BARAT

"We're number thumb!" "Right Mr. Shaw?!" Christmas Wishes '89 French Play, "Voyage en Autobus." Christmas Carol Tradition! DASHABUSTADD 1990 - First Place Overall. It was the first, hopefully not the last. Ted E. Bear, his name - his game. We are known as the happy, friendly and fun house. Many thanks to all members of Barat, we wouldn't be who we are without each one of you, Mme. Anderson, Mr. Shaw - you are both wonderful to work with. Karen - thanks for the laughs, couldn't have done it without you. Stacy - sports were great this year, Maureen you were amazing. Keep smiling! Thumbs up everyone!



First Row: C. Dale Bornsall, C. Stein, G. Chackal, C. Calamba, S. MacDonald, B. To, J. Wong, A. Frechette, P. Lee Poy, C.-A. Atendido, S. Chao, K. Wills, A. Occhionero, C. To, M. Santos, M. Arvanitakis, Second Row: J. Beaulac, K. Aca, L.M. MacNeil, K.A. Alinauskas, M. Malone, M. Veloso, M.A. Advincula, K. MacNeil, M. Bigney, K. Wong, A. Thomas, A. Molinaro, K. Ferri, S. Brandreth, M. Novales Flamarique, C. Bonny. Third Row: S. Pshyk, S. Carroll, S. Chartrand, J. Abbruzzese, D. Bulka, V. Corsetti, L. Ferri, S. Tatlock, C. Piedalua, K. Kerklaan, D. Ferri, L. Ruiz, M. Boksa, C. Hardy, F. De Takacsy, S. Neeff, S. Markkovits, S. Curley, F. Ottoni.

DIGBY

As always, this year Digby lived up to its usual athletic standards, winning the Tabloid and placing first. However, Digby's members are far from the stereotyped dumb jocks. With our fun-loving spirit, enhanced by this year's fantastic house-head, Alison Jung, we always had a super time. Also worthy of mention were our talented French debaters Kerrie Trudeau and Isabelle Thibault who made the final debating rounds. A special thanks to Miss Vogt and Mrs. Simon, who contribute greatly to our spirit and inspiration. Our house day was a smashing success, especially with the addition of a new, improved, face-lifted Lawrence.



Alison Jung



First Row: A. Jung, S. Powell, L. Pranno, K. Trudeau, J. Bacchioni, A. Simoes, A. Abrigo, M. Bacchioni, C. Cantas, T. Pirro, K. Ashjian, G. Theodonia, J. Powell, C. Torreira, N. Thibault, A. Law. Second Row: D. Paradis, K.-A. Trudeau, E. Yang, S. Tokar, S. Iannantuono, B. Orbegoso, T. Peres, G. Ho Minh, L. Lalonde, I. Thibault, A. Abrigo, T. Thomas, M. Witkowski, M. Vassiliou, F. Brooks, M.-C. Boyle. Third Row: P. Casey, L. Ashjian, E. Wenger, L. Gold, A. Gurd, J.-A. Mayre, Z. Ortega, V. Di Menna, F. Guzzo, T. Griffith, W. Straight, J. Meyers, D. Theodonia, C. Gasparrini, M.E. Lobo.

Duchesne is a fun-filled, dedicated house that never gives up. We have come a long way, not only has Mother Duchesne been canonized, but our house has maintained a strong sense of perseverance and strength. Throughout the years Duchesne has continued to strive in academic performances and curricular activities. Being considered an unathletic House, we sure proved them wrong when we came in second in decktennis. A special thank you to Mrs. Kular, Mme. Lahaye and all the hard work done by our co-captains and G.A.A. Suzanne, Ayanna and Sarah. But, most of all Duchesne wouldn't be what it is without the spirit and support from all its house members. Smiles and Enthusiasm is what Duchesne is all about!



Tamara Nahorniak



First Row: R. Fauvel, M. Gelinas, N. Garratt, A. Ferdinand, T. Correia, C. Casimir, J. Wong, M. Marczuk, J. Constatin, S. Sinanis, Lam, T. Nahorniak, T. Gianfrancesco, J. Leng, A. Mulholland, M. Umali, G. Singh, C. Ferraresi, S. Mulholland. Second Row: Lafreniere, M. Malla, A. Leimania, K. Tynan, C. Kystan, T. Hillenbrand, S. Ayton, T. Kostic, M. Brisebois, S. Thomson, M. Ah-Sue, Paginado, S. Richardson, S. Sims, C. Sciascia, C. Ruddy, M. Kostic. Third Row: C. Chan, T. Sam, L. Cree, A. Harding, A. Portanier, Cloran, M. Brosseau, A. Garcin, L. Tinggaard, C. Tremblay, G. Gagne, P. Ferraresi, D. Bystrican, S. Panda, D. Yoganathan, M. Wei



Felicia LeBlanc

DUROUSIER

"the birds will fly high, tomorrow..." It's been a great year filled with fun, hard work and many exciting moments. Thanks to Karen who supported us during all of our great moments in sports history. To Athena & Lisa, our co-captains, who devoted so much of their time and energy to the house, thank you for all you've done - you've made us proud. A very special thanks to Miss Mastro, our affiliate, for making us laugh and to Miss de Mello who has been there to support us through our failures and successes... we love you both! To all the members of DuRousier, as the year comes to a close, even if we did not place first, we always tried our best and kept smiling. Our house is unique in its spirit and the feeling of friendship is strong. Don't ever change - keep striving to be the best.



First Row: L. Chamandy, K. Khalil, L. Champagne, R. Bose, P. MacDonald, R. Valela, R. Arlegui, E. Walker, A. Cooney, J. Abbatiello, S. Spina, J. Roche, D. Tapia, S. Vira, M. Millette, F. LeBlanc. Second Row: T. Harasymowycz, A. Chamandy, L. Farag, T. Fortier, A. Fotinakis, O. Moschopoulos, D. Coqueran, E. Skoeryna, G. Bettinville, M. LeBlanc, A. Plessas, M. Covey. Third Row: J. Kovacs, R. Vernham, A. Jalbert, T. MacMartin, N. Leclerc, R. Greenough, S. Ingram, S. DaSilva, J. Khouri, A. Wallace, G. Roper, S. Leprohon, B. Iacono, D. Castleman, C. Vroom. Absent: J. Bellman, O. Harasymowycz, C. Smith, R. Ghanime, T. Hughes, M. Marcuk, W. Reis.



Shevaughan Battle

HARDEY

This year we put our monkey heads together and decided that 1989-1990 would be our year. We discovered that the new students quickly developed just as much Hardey spirit as the rest of us. We became involved in many activities such as bordenball where we placed second. Our House Day was a great success as we embarked on a voyage through Hardey's land of Oz. Hardians continued to be involved as was evident in our third place at Christmas Wishes. We started off the brand new year with a game of "switch-a-roo" (we devised a plan to overthrow Sheldon by forming a coalition with Digby called Higby!) At Dashabustadd, Sheldon was bumped to second place and Digby and Hardey tied for third. Take care and good luck.



First Row: S. Battle, J. Mardelli, T. Lo, K. Ortizo, A. Tirmizey, L. Del Campo, L. Giannakis, J. Charlebois, A. Whissell, J. Hamburger, S. Powell, K. Arsenault, E. Mendoza, M. Colarusso, I. Khan. Second Row: D. Bynoe, M. Beudet, S. Taylor, A. Laperle, C. Hernandez, L. Jacobs, N. Conkley, H. Semerjian, E. Ricci, K. Silverthorne, A. Jahnke, J. Pastor, C. Coppola, T. Bellezza, E. Amorim, N. Rossy. Third Row: A. von Hahn, S. Fyleris, A. Zerebecky, V. Thanos, H. Sodo, G. Thanos, C. Mouralian, D. Lucifero, A. Merrett, A. Shnuriwsky, K. Blyschak, M. Coelho, L. Parayno, L. Macdonald. Absent: E. Rizzuto, A. Stevens, C. Stevens, M. Bellezza, K. Hannan.

SHELDON

Heads up! . . . here comes Sheldon! This year has been one filled with happiness, excitement, and change. We started off with a bang, coming in second on sports day. Then, we were in first place at Christmas, for the tenth time in a row! Highlights of '89-90 included: our house day celebration of all the houses in a "rainbow connection" of friendship, a great bake-sale fundraiser, and coming first at Tabloid. On prize day we were thrilled, once again, to have our name engraved on the plaque as top house. This honour has been won by Sheldon for the past four years. We wouldn't be the super Sheldonites we are without the dedication of Miss Potter and Mrs. Cardone. Thanks to everyone for a great year.



Mary Jeanne Phelan



First Row: M.J. Phelan, A. Hanafi, V. Moretti-Montpetit, N. Di Pietro, J. Sutton, L. Costello, K. Armata-Machnik, C. Paluzzi, L.M. Occhionero, G. Thirwell, V. Khalil, A. Di Pietro, M. Andrews, T. Canto, K. Thornhill, C. Sadler. Second Row: S. Sherriff, B. Barnett, P. Bresba, L. Paluzzi, W.K. Yeung, J. Sladen, D. Neuheimer, C. Crossan, L. Grassby, T. Doan, B. Barnett, T. Chun Mei Chen, S. Terrenzio, K.W. Ming, L. Virball. Third Row: P.K. Yeung, C. Laarboven, M. Mirolla, W. Sladen, L. Ponniah, M. Bresba, N. Philpot, M. Vela, A. Piotrowski, N. Salvaggio, R. Cardone, C. Casullo, T. Caprara, M. Javornik, A. Keane.

STUART

Stuart started off the year with a smashing house day which brought back to Sacred Heart former house-heads of Stuart dating back to the 1970's! In athletics, not only did we place first in deck tennis, but we also came in first in bordenball. To top it all off, we placed third on Sports Day. Our house also got a new banner made by Christina Agostino, Carole Carrier and Nina Segalowitz. We said "au-revoir" to our old Staunch and got a new dolphin thanks to Tracey Azell. Stuart also came in first in the Quarter Fever! Stuart is what it is because of the participation of all its members from the juniors to the seniors. A great thank-you to Mme. Habashi who is a wonderful house advisor and to Mr. Sauro who was the glue that held Stuart together.



Anna Bracaglia



First Row: A. Bracaglia, T. Kantemiroff, K. Tucci, S. Burney, L. Montour, L. Wai Man Chow, A. Wassef, P. Neville, K. deMontigny, S. Samuelson, J. Polsema, T. McGuire, C. Agostino, S. Muzo, S. Michaliszyn, J. de Chazal. Second Row: N. Segalowitz, E. McDougall, C. McGlynn, R. McGlynn, M. Krescisz, N. Karamanos, N. Elkolaly, S. Lumia, J. Wong, A. Gibbons, C. MacMahon, K. Beaton, S. deMontigny, T. Azell, A. Boulet, C. Mercado, T. Zampieri, J. Prudhomme. Third Row: C. Carrier, T. Martyres, M.T. Javier, S. Krescisz, M. Lackenbauer, J. Gour, M. Stuber, L.-A. Turocy, N. Neeme, C. Zampieri, S. Aube, H. Chapson, T. Makuszewski, T. Vrolyk, J. Gibbons.



Jennifer Butler

TRINCANO

Trincano had a very successful year with each girl pitching in to make our house an enthusiastic and fun one. Our house day went off really well, starring two fantastic actresses and advisors: Ms. Gendron and Mrs. Barnett. On behalf of everyone, I would like to thank our Sec. V co-captain Liz, my right-hand woman, Allison our Sec. IV co-captain, and Carmella our G.A.A. rep. - great examples and representatives of our house. You all did an amazing job! I wanted to mention people who did outstanding things this year, then I realized that you all come to mind and have made a difference. I'll miss each one of you and wish you all the best of luck.



First Row: J. Butler, C. Benoit, T. Guerrero, C. Benedetti, P. Fogarty, T. Lafave, S. Lewis, A. Mohammed, N. Delle Donne, I. Brink, L. Minicucci, Q. Yung, S. Patrick, K. Ryan, A. Flynn. Second Row: A. Mullett, R. Mirza, C. Giordano, C. Yiptong, C. Machado, E. Feeney, E. Keenan, J. Lewis, K. Jacques, A.I. Milne, A.P. Milne, K. Minicucci, H. McCoy, M. Garcia, S. Di Paolo, C. Geracimo. Third Row: L. Serpone, F. Massanello, S. Mathai, M. Levesque, T. De Mello, P. Moore Ede, C. Konanec, V. Flannery, N. Slosmanis, M. Giardinelli, M. Christofferson, O. De Mello. Absent: R. Papiernik, S. Brennan.



Now as I was young and easy
under the apple boughs
About the lilting house
and happy as the grass was green
Dylan Thomas





Adolescence
tumbles about
in them
on cinder schoolyard
or behind
the expensive gates
P.K. Page



*I wake to sleep,
and take my waking
slow.
I feel my fate
in what I cannot fear.
I learn by going
where I have to go.*

T. Roethke



ACTIVITIES CLUBS &



*You will do foolish things,
but do them with enthusi-
asm.*

Colette



S.A.K.E.

S.A.K.E. (Students Against Killing the Environment) has had a very influential first year. It was headed by Tracy Lo and Evie Gagne and moderated by Mrs. Simon. The club has enjoyed and found useful the many ideas provided by our younger members. We've influenced the school to use school dishes and cups instead of styrofoam cups at various functions. At desk tidying, we've made sure that most of our paper is recycled. By gentle persuasion, we hope that we have changed the school's view toward helping the environment. Plans are now underway to plant a seedling on the grounds and to have trees planted in Costa Rica through another environmental organization. We hope that the club will continue its success for many years to come.



Let's pretend



Debating club

Driven by a desire to whip the pompous wannabe-Platos from Selwyn House, ECS, and St. George's, Lisa Chamandy and Iram Khan launched the "new and improved" Sacred Heart Debating Club. Fuelled by last minute cram sessions with Mrs. Filipovich, and a facility for producing hot air in large quantities, the juniors and seniors brought home the "Best School" trophy from the 1990 provincials - a first. We owe much of our success to Mrs. Mastropasqua and Mrs. Filipovich: 1990 was the year that Sacred Heart joined Montreal's debating elite.





M a s s C h o i r



Chorale



Vocal ensemble

The Vocal Ensemble is a group of selected singers who have had experience in chorus work and who are committed to their talent. Miss Roxanne Martel, the Ensemble's conductor, has guided us since becoming a member of the faculty in 1988. Our efforts this year were concentrated firstly on the December 5 Christmas concert, in which we participated along with the Sacred Heart Chorale, and, more recently, on our trip to Toronto for a music festival involving independent schools from Ontario, Nova Scotia and Québec.



Photography club

For the first time at Sacred Heart, we started a photography club. We had no equipment, no darkroom, and no experience, but we did have Mrs. Gendron. Every Wednesday after school we sat in the Art Room listening to Mrs. Gendron tell us about the magic of cameras, and (most importantly) how to use them. Soon enough, we were all equipped with a camera, and were sent out to photograph the world. From sidewalks to (?) baths, grandmothers to kittens, nothing was spared. Some of us went up to Mount Royal, while others went to the Botanical Gardens. This school year has come to an end with twenty-five students now knowing how to use a camera, and I'm not talking about those fully-automatic things. Almost every casual picture in the yearbook was taken by a member of the photography club, an indication of just how far we've come in one year. With the promise of a darkroom, and Mrs. Gendron's assistance, there is no doubt that the photography club will be picture-perfect next year.



Drama club

"Acting, merely acting!" And on that note, how about those drama club members? With people like Angela "Angie Corsoni" Di Pietro, Samantha "Too Cool" Fyleris and Karen Ann "Chainsaw" Alinsuskas as the heads of the club, and Miss Brown as the moderator, the 1990 Drama Club could do no wrong. Although we were unable to do a production this year, we had just as much fun... On Halloween, the drama club performed "spooky" plays. In May, we went outside and learned how to juggle with Miss Brown - however, we found out that most of our members shouldn't try out for the CIRQUE DU SOLEIL... Remember: "ALL THE WORLD'S A STAGE" - but there's no other stage like the one in Sacred Heart's Reception Room!"



Dashabustadd



W
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Carnival

Fundraisers

The gymnasium complex fundraising committee had a "great" time this year, raising over SEVEN THOUSAND DOLLARS for our new gym complex. We started off the fundraising year in January with a boing-oops, a bang-as Charlie Chaplin impersonators ran around the school. In February, we held a SHOE SHINE, and let me tell you, navy blue Bass penny loafers never looked so luminous. On Valentine's Day, we held a bake sale. Let's just say that many post-Christmas diets were broken during that sinful detente... Then, March came in with the ever so popular "Mile of Pennies". Outside, the temperature might have been down, but the thermometers at Sacred Heart were rising like mad... And, to wrap up our fundraising bonanza? MOVIE NIGHT! Students lined up outside for hours, well minutes, to buy their popcorn and watch their favourite movie, *DEAD POETS SOCIETY*. A special thanks goes to Miss Vaupshas, a real pillar of strength and of course the fundraising committee.



SPORTS



*I can run to the end of the land
if I want to
or swim to the end of the sea
if I want to.
I want to — not now, but I want to.
Everything's possible.
when I am me.*

Felice Holmann



Volleyball team

This was the second year that Sacred Heart has had a volleyball team, but this was the first year we gave the other teams a run for their money. Through many hours of hard work and practice we learned to work as one. Although we suffered numerous defeats, our wins were well earned. Thanks to Mr. Kousik and Mr. Shaw for the terrific coaching, and to all the team members whose enthusiasm and determination made for a successful season.



Soccer team

"I don't know but it's been said . . . the other team is made of lead. The juvenile soccer team had an incredible season this year with "Joy and Pain" as our theme song and Mr. Kirkwood as our coach. The familiar surroundings of Jeanne Mance Park added spice to our soccer season and made it even more memorable. "I don't know but I've been told . . . Sacred Heart is made of gold"



Basketball team

This year's Bantam team did an amazing job - great teamwork merited a silver medal in the Basketball Tournament of Independent Schools and a gold medal for placing first in their division. The top three scorers were Arlene Abrigo, Francesca Massanello and Sarah Neeff.





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Field hockey team

Field hockey is in its third year at Sacred Heart, and 1990 was our best season yet. We won our first game 5-0 over Traf. Though we lost 2-0 to Mac Donald in our second match, we went on to tie them, and to defeat Trafalgar again one week later. At the season-ending tournament on Astro-turf at McGill, we tied with Lindsay Place in our first match. Then, facing Beaconsfield, rumored to have the strongest players in the league, we again held our own in a 2-2 tie. Most valuable player awards were won by Mary Jeanne Phelan and Aurora Gibbons. Thank you Mrs. Kular and Mrs. Thomas for a terrific year.

Tennis team

The tennis team had a fantastic time this year. Our many practices at Monkland Tennis Club, arranged by Miss Potter who also gave much of her time to accompany us, seemed to have paid off. Andra Leimanis won a silver medal in the bantam singles category and Jasmin Gibbons along with Lindsey Serpone won silver medals in bantam doubles. Overall, our bantam team brought home the banner. We would especially like to say a big thank-you to our captain, Caroline Bonny, for a job well done.



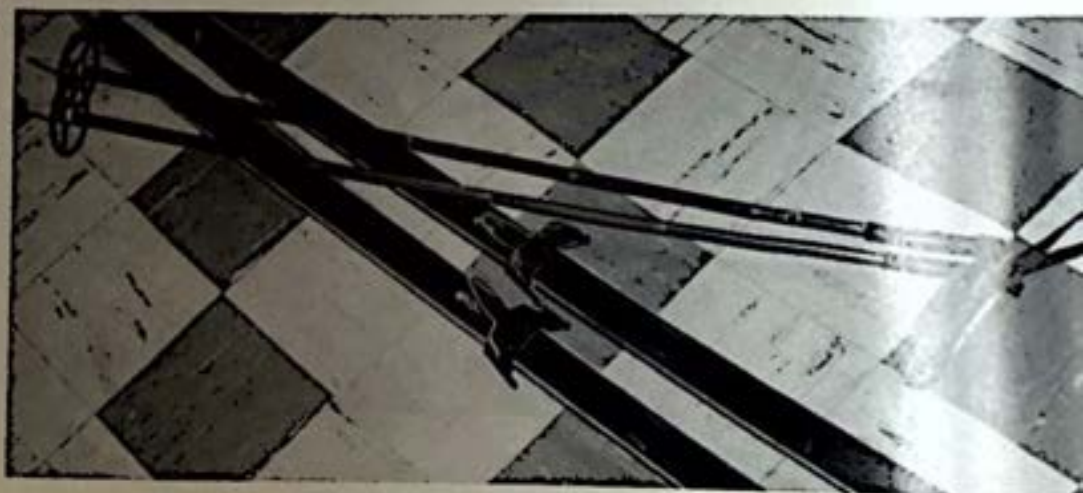
Running team

The running team had a thrilling season. Although we did not rank as a team, many individuals did very well. Bonnie Barnett was thirteenth in the bantam category, and Leslie Gold and Tara Fortier placed first and sixth respectively in the mid-get category. As well, Tara and Leslie earned the privilege of representing Montreal at the Scholastic Provincials.



Cross-country skiing team

Despite the general lack of snow this winter, the Sacred Heart cross-country skiing team had much fun, as well as much success. Many people, too numerous to name, ranked individually. The bantam and mid-get teams won the banner, becoming the G.M.A.A. champions!





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Dance club



Swim team

Every year during the months of February and March, the Sacred Heart swim team participates in various races with other high schools in the greater Montreal area. The swimming season may be short, but it's a great chance to work together as a group. Thanks to McGill's Garfield-Weston pool, we were able to get in shape for the swim meets at Westhill. Wendy Sladen and Sacha Leprohon did a great job running the swim team.



Gym demo

The 1989-1990 Gym Demonstration was definitely the best and most original yet. The G.A.A.'s, dressed up as their favourite comic - page characters, emceed the event. Izzy Sourial, ie. Lucy Van Pelt of PEANUTS fame, did an excellent job of VOGUE-ING. Once again, the Highland Dancing, Self-Defense, Aerobics, Modern Dance and GYM clubs left us all in awe . . . To "non-gymnasts", Jackie Powell's stunts seemed to be miracles . . . A special thanks goes to Kim Ryan and the G.A.A.'s, and of course to Miss Vaupshas and Mrs. Cumming for making this event an unforgettable one.



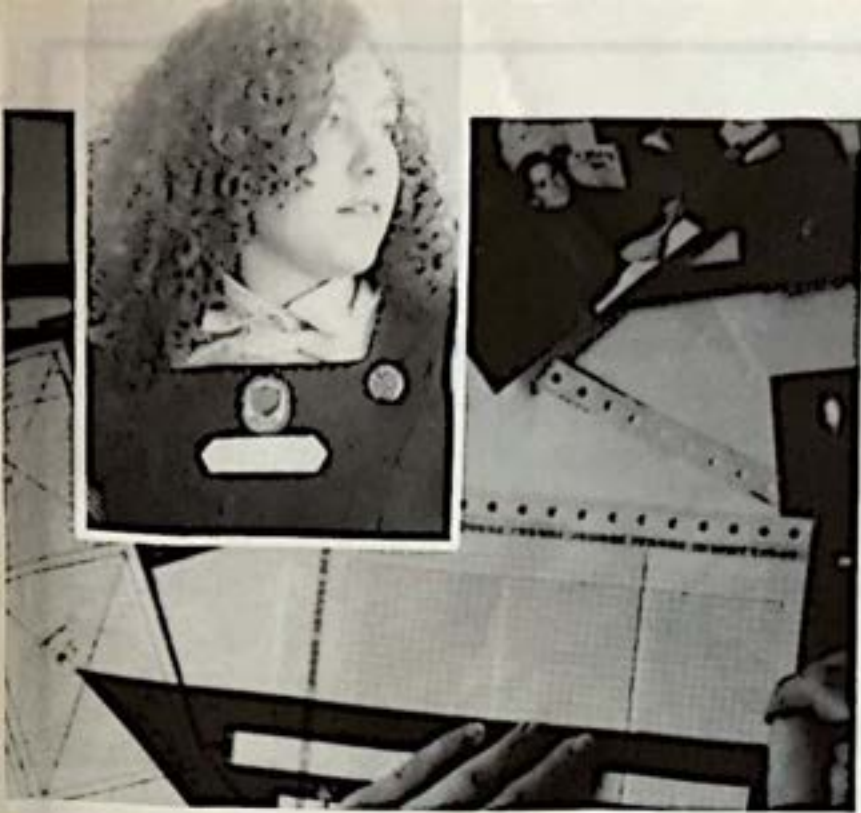
Tabloid





So, was it fun?





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"The camera's broken?" "What do you mean we're out of film?"

The days have flipped by as quickly as the pages in this book, and hopefully, most of them have been enjoyable. Many wonderful moments have been captured by the photography staff, and I salute them for a job well done. I would especially like to thank Sophie and Elena, who always had a camera on hand. Elizabeth and Mary Jeanne, your unique styles resulted in many fabulous shots. To the literary committee - Karen, Sam and Iram - you have a way with words (twisted some might add). Marina - you must be a certified stenographer by now. Cindy, "the one woman show", I thank you for all your creative layouts.

On behalf of the staff, I express my gratitude to the Mother's Guild for their funds and support.

I saved the best thank you for last. This book is a product of enthusiasm and expertise instilled by a very special person, Mrs. Frances Phelan. We are all thankful for your guidance and devotion.

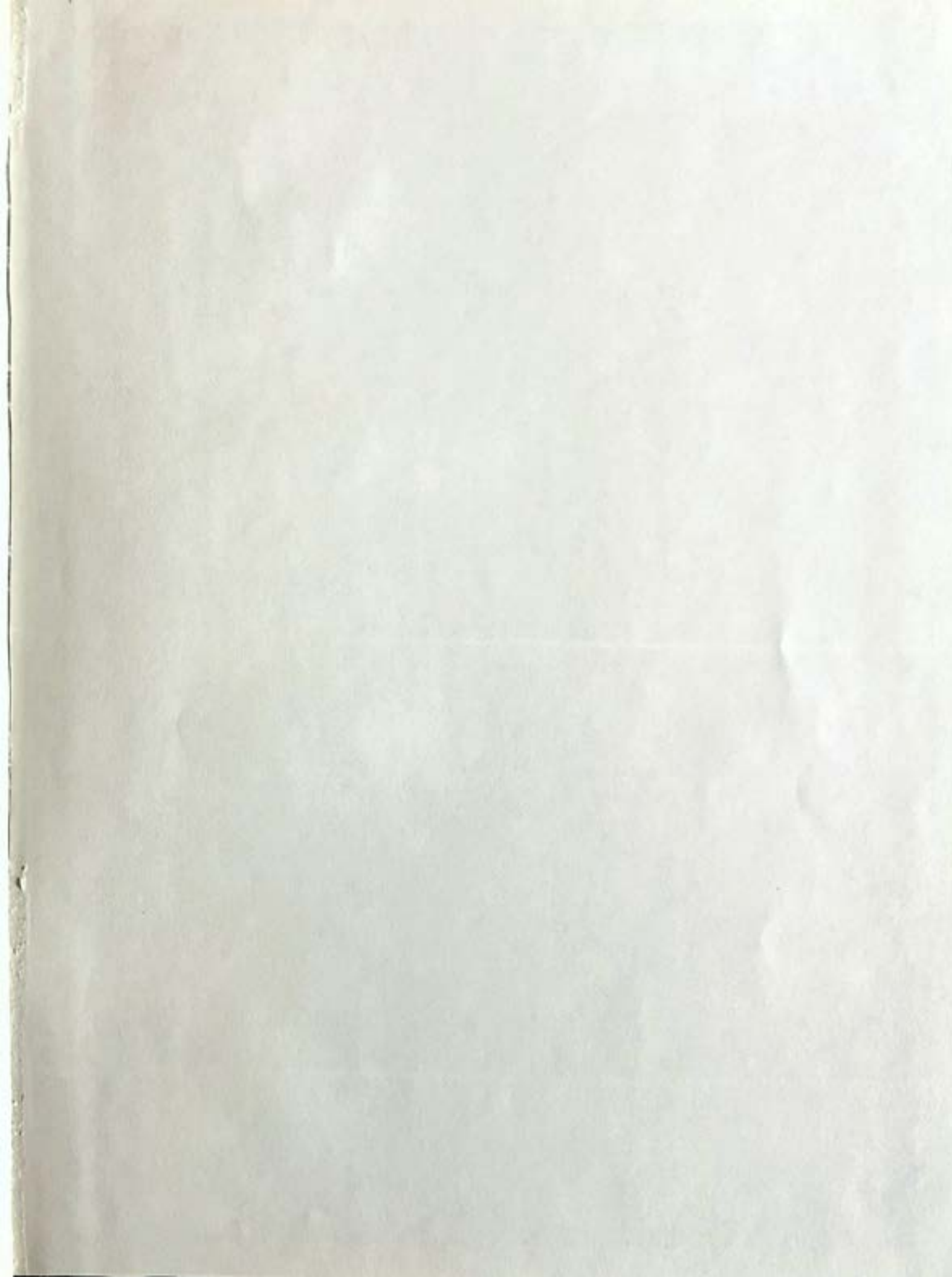
Angie Di Pietro

La comité de direction de l'Association des Anciennes
de l'Ecole Sacré-Coeur de Montréal accueille
les diplômées de 1990
comme membres de
l'Association des Anciennes de Montréal,
l'Association Canadienne des Anciennes du Sacré-Coeur
et
l'Association Mondiale des Anciennes du Sacré-Coeur
en ce 3^e jour de juin 1990
à l'Ecole Sacré-Coeur de Montréal
Montréal (Québec)



The Executive of the Alumnae Association
of the Sacred Heart School of Montreal
Welcome
the Graduates of 1990
to Membership in
The Alumnae Association of Montreal
The Canadian Association of Sacred Heart Alumnae
and
Association Mondiale des Anciennes du Sacré-Coeur
on This Date, June 3, 1990
at the Sacred Heart School of Montreal
Montreal (Quebec)









1990